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ABSTRACT

The citations in this annotated bibliography are of audiovisuals and books focusing on basic nutrition education for children in preschool through the sixth grade. There are 306 citations derived from online searches of the AGRICOLA database. Information is provided on obtaining the materials. (JD)

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United States Department of Agriculture
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Quick Bibliography Series

NUTRITION EDUCATION MATERIALS:

GRADES PRESCHOOL THROUGH 6

1979 - MARCH 1987

306 Citations

May 1987

NAL-BIBL. QB 87-54

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DATABASE SEARCHED: AGRICOLA

LANGUAGES: English only

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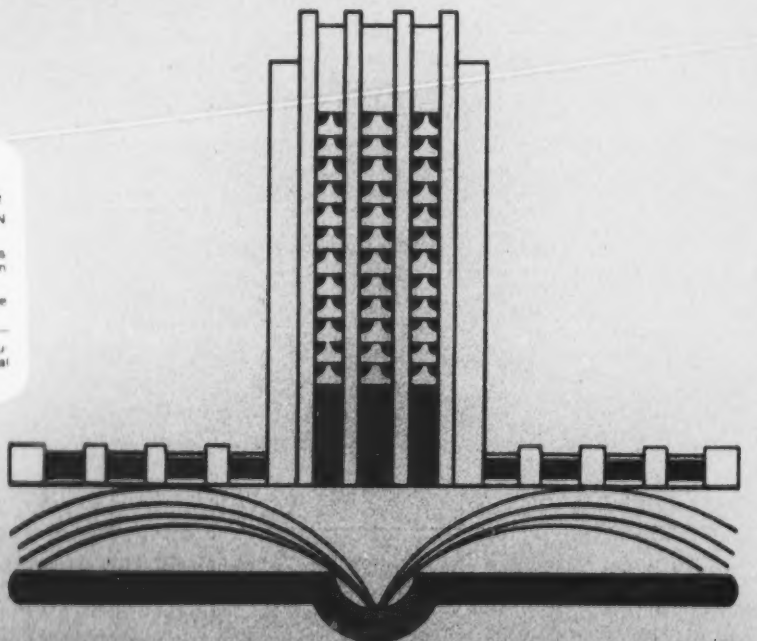

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University of Arizona Library
Tucson, AZ 85721 (602)626-1941

Arkansas
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University of Arkansas
Fayetteville, AR 72701 (501)575-4101

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University of California Library
Davis, CA 95616 (916)752-2251

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Colorado
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Mississippi, MS 39762 (601)325-4225

Missouri
University of Missouri
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Montana State University
Bozeman, MT 59717 (406)994-3161

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Missoula, MT 53706 (406)262-9635

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Fleischmann Agricultural Building
University of Nevada, Reno
Reno, NV 89557 (702)784-6616

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Interlibrary Loans
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Ithaca, NY 14850 (607)256-7754

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Interlibrary Center
D. H. Hill Library
North Carolina State University
Raleigh, NC 27607 (919)737-2116

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North Dakota State University Library
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Interlibrary Loan
Ohio State University Library
1858 Neil Avenue Mall
Columbus, OH 43210 (614)422-6211

Oklahoma
Interlibrary Loans
Oklahoma State University Library
Stillwater, OK 74074 (405)624-6313

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Washington State University Library
Pullman, WA 99164 (509)335-2671

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Interlibrary Loans
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Clemson, SC 29631 (803)656-3025

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Tennessee
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University of Tennessee
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Merrill Library
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Logan, UT 84322 (801)750-2680

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Wisconsin
Steenbock Memorial Library
University of Wisconsin
550 Babcock Drive
Madison, WI 53706 (608)262-9635

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File 10

Contains citations to documents entered into the database later than January 1979.

I. AUDIOVISUALS

0001
The ABC's of nutrition education.
Manhattan, Kan. Dept. of Foods and Nutrition, Kansas State University c1981. NET funded. 6 fabric covered foam rubber food models, 1 game board, 1 die, 4 sets of playing pieces, 1 curriculum guide. (NAL Call No.: TX364.A22 F&N AV).
Abstract: A curriculum for children (ages 3-6) consists of 3 concept units (nutrient sources, nutrient functions and food selection), 6 food models, a game and a teacher's self-instruction unit. Concept units are sequential and are divided into color coded content area sections containing a choice of activities related to the concept. Each activity page within a content area includes a behavioral objective, list of materials needed, and teacher information in the margin. Stuffed fabric food models represent milk, raisin bran, bread, a chicken leg, a carrot and a strawberry. Each contains a hidden finger puppet emphasizing a specific nutrient found the food. The "ABC's of Body Building" game helps children associate the selection of food with a bodily nutrient function. The teacher's self-instruction unit contains 10 chapters consisting of one or more summary paragraphs followed by questions designed to reinforce the basic nutrition facts presented. Supplementary materials include a teacher's resource list, visuals and parent information letters. (js)

0002
All aboard the nutri-train.
; Mayo, Cynthia. Richmond, Va. : Richmond Public Schools, 1981. NET funded.~ Activity packet prepared by Cynthia Mayo. 1 videocassette (30 min.) : sd., col. ; 3/4 in. + activity packet. (NAL Call No.: DNAL FNC TX364.A425 F&N AV).
Abstract: A 30-minute color videotape program for elementary students featuring children, school foodservice personnel and puppets focuses on the Basic Four food groups. An analogy is drawn between the cars of a train and everyone's need for foods from all four food groups to maintain a balanced diet. Included in the program are "Build Balanced Meals" game shows, TV commercial take-offs, storytelling and music. Print materials accompanying the videotape provide discussion ideas and activities, handouts, and worksheets. Lesson plans suggest the sequence of activities, materials and other resources (additional films) needed, and evaluation techniques. (js)

0003
Basic nutrition for primaries.
Jamaica, N.Y. : Eye Gate Media, 1978. Title from container. 4 filmstrips (174 fr.) : col. ; 35 mm. + 2 sound cassettes (26 min.) + 1 teacher's guide. (NAL Call No.: DNAL Filmstrip no.27 F&N).
Abstract: A two-audio-cassette / 4 filmstrip set begins with an informative review of the purpose of eating nutritiously. A basic review of the nutrients is presented, including an explanation of the need for these nutrients and how they are processed within the body. The basic four food groups are examined in the second filmstrip. The importance of eating a well-balanced meal is given in the third filmstrip, as well as ways to combine foods in order to achieve a well-rounded diet. The fourth filmstrip emphasizes the pleasure of eating. Specific suggestions such as trying new foods are given to increase the viewer's eating enjoyment. The overall health benefits of good dietary habits are the main goals of this filmstrip series. (ls)

0004
Be healthy! Be happy! Portafilms, Inc.
Evanston, Ill. Perennial Education, Inc. 1982. 1 film reel (11 min.) : sd., col. ; 16 mm. (NAL Call No.: RA777.B4 1982 F&N AV).
Abstract: This animated cartoon is directed at primary grades. Five health rules are supplied and various characters are used to illustrate what happens when these rules are not followed. They include: keeping clean; eating the right foods; getting proper rest; exercising; and caring for one's self when sick.

0005
The Big nutrition scare.
Costa Mesa, Calif. Teaching Aids Inc. 1981. Sound accompaniment compatible with manual and automatic operation. 2 filmstrips (194 fr.) : col. ; 35 mm. + 2 sound cassettes (28 min., 40 sec.) + 1 teacher's guide (3 p.). (NAL Call No.: TX355.B73 F&N AV).
Abstract: An investigative news team develops a story on the importance of good nutrition for elementary school students. The roles of the various nutrients, the digestion process, junk food, food additives, and common sense nutrition are covered. The 1st part of this program focuses on nutrition, nutrients, and digestion, and explains the function and sources of protein, carbohydrates, fiber, and fat; the 2nd part covers vitamins, minerals, and water as essential nutrients, and discusses junk food, empty calories, food additive ambiguities, the basic food groups and their recommended daily amounts, food labeling and nutrition planning. The news team interviews key body parts and other fictional characters. (wz)

0006
Bilingual food cards, assorted Rowland Unified School District.
(Rowland Heights, Calif.) Rowland Unified School District (1981?). 29 drawings : b&w ; 22 x 28 cm. (NAL Call No.: TX364.B54 F&N AV).
Abstract: Simple black and white drawings depict 1 or 2 foods per card. The English noun is printed at the top of each card in large, lower case letters and the Spanish noun at the bottom. (js)

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0007
Breakfast (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded ~Includes teachers guide, food service guide, 30 books, 4 pads, 30 song sheets, 31 posters, 16 transparencies, 16 transparency mounts, 30 letters to parents on brown bags, 1 sound cassette, 1 filmstrip/cassette set, 30 card sets, 5 breakfast menus, 1 set of labels, 3 markers and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 1)).
Abstract: A kit includes directions and materials for 6 classroom activities, each divided into 2-4 sequential steps. Time and materials needed for each step are indicated in the teacher's guide. Activities are designed around specific behavioral objectives all ultimately focusing on encouraging children to eat some type of breakfast, traditional or non-traditional. Activity themes include: nontraditional breakfast ideas, meal planning, cereal tasting, creating TV shows about breakfast and planning a brown bag breakfast. All materials (except foods) needed for conducting activities with 3 students are included in each kit. Resource materials include filmstrip/cassette presentations, worksheets, song sheets, posters and transparencies. (js)

0008
A Child's garden of eating Weight Watchers.
Manhasset, N.Y. Weight Watchers 1979. Includes 1 playing board (47 x 47 cm.), 1 spinner, 4 markers, playing cards, instructions, teacher's guide, stories, poems, etc. 1 game. (NAL Call No.: TX364.C4 F&N AV).
Abstract: Learning activities for kindergarten and first grade teach the relationship of food to the body, develop a sense of adventure in exploring new foods, and encourage personal responsibility in food choices. Learning of nutrition concepts is reinforced by follow-up activities and carry-home materials to stimulate parental involvement.

0009
The Cleanliness film.
Pasadena, Calif. : Barr Films, 1985? . Title from container. 1 film reel (16 min.) : sd., col. ; 16 mm. + 1 pamphlet. (NAL Call No.: DNAL Motion picture no.37 F&N).
Abstract: This film uses puppets to instill good grooming habits in children. The audience is told the importance of having clean hair, teeth, skin, and clothes. The film examines why soap is needed to inhibit germs and how dirty hair can develop head lice. Step-by-step examples of good grooming procedures are presented, such as teeth-brushing and flossing, shampooing, and bathing. A dirty puppet named Grub is so delighted with his new image, he changes his name to "Scrub." (ls)

0010
Concentration.
Durham, N.H. Nutrition at Work, University of New Hampshire c1979. NET funded. 1 game board (38 x 49 cm.) + 36 game cards. (NAL Call No.: TX392.C65 F&N AV).
Abstract: A memory recall game, part of the "Vegetable with Good Munch" program for grades K-4, teaches vegetable identification and spelling. Twenty-four vegetable picture and name cards are turned face down on the playing board. Players attempt to turn over two cards to make a matched pair until all cards are matched. (js)

0011
Digestivethe disappearing dinner /produced and distributed by Marshfilm Enterprises, Inc.
Shawnee Mission, Kan. : Marshfilm, c1980. Intended audience: primary grades.~ Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (42 fr.) : col. ; 35 mm. + 1 sound cassette (8 min.) + 1 teaching guide. (NAL Call No.: DNAL FNC QM345.D53 F&N AV).
Abstract: "Stanley the Stomach" shows children what happens to the food they eat. Stanley shows how food is broken down by chewing, and how the small intestine finally makes most of the food useable for the rest of the body. Stanley illustrates the movement of food from the mouth, through the esophagus, stomach, and into the intestines, where the small intestine removes the nourishment from the food, sending the leftovers on their way out of the body. A teacher's guide and vocabulary are included. (wz)

0012
Discovering new protein foods. (produced by Gilbert Altschul Productions, Inc.).
(Chicago, Ill.) Miles Laboratories, Inc. c1975. Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (80 frames) : col. ; 35 mm. + 1 sound cassette (11 min., 34 sec.). (NAL Call No.: TX553.P7D57 F&N AV).
Abstract: Vegetable proteins, especially soy, are a wholesome source of protein, and an acceptable substitute for meats. Protein availability worldwide and alternatives to current American dietary preferences are the subjects of a taped discussion. Textured vegetable protein (TVP) is a suitable alternative to many commonly recognized products; it can be used as an extender and can be added to ground meat, breakfast meats, cereals, and flour (used to enrich noodles or other cereal products. TVPs which are low in fat, and are cholesterol free, are appropriate for those who need to lower fat intake. Types and availability of products are discussed; some meat substitutes can be found in frozen food sections of grocery stores. (kbc)

0013
Down, down, down : the inside story of digestion Agency for Instructional TV.
Bloomington, Ind. Agency for Instructional Television 1981. Includes teacher's guide for series. 1 videocassette (15 min.) : sd., col. ; 3/4 in. -. (NAL Call No.: QP145.D6 F&N AV).
Abstract: Slim Goodbody teaches fourth, fifth and sixth graders the "inside story" of human digestion. Wearing a body suit that gives children insight into human anatomy, Slim explains how the digestive organs function to break foods down into nutrients the body can use for fuel. Giant models of teeth and the digestive tract illustrate how chewing and saliva begin the digestive process. The progress of food downward through the alimentary pathway is followed as digestive functions of the stomach and small and large intestine are described. An historic dramatization shows how Dr. William Beaumont studied digestion directly through a hole in the stomach wall of a patient. The utilization and sources of carbohydrates, proteins, fats, vitamins, and minerals are explained. Slim concludes that since no single food provides all nutrients the body needs, it is important to eat a variety of different foods. (nm)

0014
The Exercise and rest film Barr Films.
Pasadena, Calif. Barr Films 1978. 1 film reel (12 min.) : sd., col. ; 16 mm + study guide. (NAL Call No.: RA781.E93 F&N AV).
Abstract: Animated characters, children, and a physical fitness enthusiast illustrate activities which provide exercise and relaxation for youngsters in grades K-3. All activities which involve the movement of muscles are exercise. These include hopping, walking the dog, playing ball, sliding, running, jumping rope, biking, swinging, swimming, and raking leaves. Daily exercise helps you feel good and practicing athletic skills improves performance. The importance of rest for storing energy is also emphasized, and the many different ways in which kids can relax are shown. The relationship between exercise and rest is described Exercise combined with periods of rest is beneficial to physical development and good health.

0015
Fish is brain food, give it some thought.
(s.l.) : American Heart Association, (1978?). 1 poster : col. ; 43 x 28 cm (NAL Call No.: DNAL FNC TX385.F48 F&N AV).
Abstract: An elderly gentleman appears to be wondering about the fish that is poised on top of his head. The words at the top of the poster read, "Fish is 'brainfood' ... give it some thought." This is meant to be a reminder that fish has a valued place in the diet. (emc)

0016
Following the daily food guide to better health.
Fort Atkinson, Wisc. : Nasco, 197-? . 33 slides : col. (NAL Call No.: DNAL Slide no.167 F&N).
Abstract: These slides designed for primary-grade children present four food groups as the "daily food guide." Carbohydrates, protein, fat, vitamins, minerals, and water are cited as the essential nutrients contained in each food group. The number of servings suggested from each food group are givenand a list of which important nutrients are found in each food group is present ed. The slides are designed to increase the children's awareness of good nutrition and dietary practices. (ls)

0017
Food - early choices. National Dairy Council.
Chicago National Dairy Council 1979. (NAL Call No.: TX364.F646 F&N AV).
Abstract: Chef Combo, a mustachioed puppet in tall hat, is the principal actor in a learning system for young children (2-4) which explores the wonderful world of food; why the body needs it; how the body uses it; how it can be presented; how nutrient needs vary with age; and how eating habits are affected by social and psychological influences. The kit contains games, songs, posters, booklets, puzzles and take-home material to encourage family involvement. Through Chef Combo and his Singing Finger Puppets, a teacher can present the concepts of nutrition in an enjoyable way, encouraging the establishment of good nutrition habits at an early age.

0018
Food. Ideal School Supply Co.
Oak Lawn, IL. Ideal School Supply Co. 1988. Puzzles coated with durable plastic and can be re-used. (NAL Call No.: TX364.F847 F&N AV).
Abstract: Fruits, vegetables, snacks, meats, desserts, breakfast, lunch and dinner are the topics of eight reusable puzzles, which contain between 15 and 17 food words each. The puzzles are made of large and sturdy cardboard and are aimed at familiarizing school children with the names of different foods in a game format.

0019
Food advertising (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education.
Red Oak, Iowa Experience Education 1980. NET funded -Includes teachers guide, food service guide, 60 books, 2 pads, 11 posters, 30 markers, 1 set of labels, 1 sound cassette, 6 blank cassettes, 1 filmstrip/cassette set, and 6 filmstrip production kits. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 5)).
Abstract: To increase elementary student's (grades 4-6) awareness of the variety of advertising techniques used

to sell products, a nutrition education kit provides instructional materials, workbooks, and supplies to conduct 5 multi-step activities with a class of 30. Students analyze print, radio, and TV ads to understand promotional methods, such as personification, repetition, jingles, and testimony and use creative writing skills in planning their own audiovisual ads. The teacher's guide provides lesson plans indicating time frames, resources needed, and procedures for each activity. The food service's guide included lesson plans and suggested methods for coordinating classroom/cafeteria activities and increasing the involvement of food service personnel in classroom nutrition education. (js)

0020
Food and fuelGuidance Associates in cooperation with the Children's Television Workshop. -.
Mt. Kisco, N.Y. : Guidance Associates, 1985. Originally shown as segments of the television program, 3-2-1 contact.- Intended audience: Elementary grades through junior high school.- Issued also as motion picture and videorecording. 5 filmstrips (486 fr.) : col. ; 35 mm. + 5 sound cassettes (35 min.) + 1 teacher's guide. (NAL Call No.: DNAL Filmstrip no.22 F&N).
Abstract: This five-part filmstrip program is designed to teach children the concept of food as a fuel and source of stored energy. The filmstrips demonstrate how food is used by living things to provide energy and materials for growth and regulation, by specifically presenting information about the dietary needs of carnivores, herbivores, and omnivores. The concept of a kilocalorie is introduced and the caloric values of a variety of foods is listed. A leader's guide accompanies the program.

0021
Food and growth.
Los Angeles, Calif. Churchill Films 1974. Formerly Exploring your growth -"A Churchill Film.". 1 film reel (12 min.) : sd., col. ; 16 mm. + study guide (1 sheet). (NAL Call No.: QP84.2.F66 1974 F&N AV).
Abstract: The processes of growth and digestion are graphically and pictorially illustrated in a film for elementary students. Cell division is explained, then the process of food assimilation, which supports growth and development is discussed. Once digested, food is transported through the blood and liver to get to the cells. This is demonstrated using endoscopy, photomicrography, and fluoroscopy. Topics include: the digestion process, food transportation to cells, and the necessity of food for growth. (kbc)

0022
Food and you McGraw-Hill.
New York McGraw-Hill 1977. Sound accompaniment compatible for manual and automatic operation. 4 filmstrips (71, 55, 46, 48 fr.) : col. ; 35 mm. + 4 sound cassettes (8, 7, 7, 7 min.) and guide. (NAL Call No.: TX355.F628 F&N AV).
Abstract: A series of 4 filmstrips for the primary grades is designed to encourage young children to develop a broader awareness of food varieties, food sources, good eating habits and the body's needs for food. Initially, the focus is on identification of foods--some familiar, some unfamiliar--at a school food fair. The next step is a visit, beyond the supermarket and the refrigerator, to a farm; the children discover that the 2 major sources of food are plants and animals. Dairy products, grains, and usable plant parts (leaves, stems, and roots) are described. A dream trip to Planet Health demonstrates that candy bars and hot dogs are not adequate to supply the body's needs for growth, energy, and health. The children's adventures culminate with a birthday party featuring fruits and vegetables. Before- and after-viewing activities are suggested to help integrate nutrition education into a curriculum. (cj)

0023
Food for thought : featuring Fat Albert and the Cosby Kids.
; Cosby, William H.& Fat Albert and the Cosby Kids, Food for thought. (Pasadena Calif.? Filmation Associates?) c1981. NET funded -Can be used with set of 4 posters (TX355.F673 F&N AV IV 09-11). 1 film reel (19 min., 38 sec.) : sd., col. ; 16 mm. + teacher's film guide. (NAL Call No.: TX355.F672 F&N AV).
Abstract: An instructional package is centered on the film featuring cartoon characters, Fat Albert and his friends, the Cosby kids. Bill Cosby introduces and concludes the film, reinforcing the main ideas, and encouraging viewers to "think before you eat." The animated portion of the film follows Fat Albert and his friends through several days of activities. Through a TV program and classroom instruction the Cosby kids learn the relationship between nutrient intake, energy and vigor and the importance of having a balanced variety of foods in the diet. The resource guide provides: a teacher's film guide listing general objectives of the film and accompanying materials, a film summary, teacher preparation activities and learning activities for individuals or class groups. (js)

0024
Food habits (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded -Includes teacher guide, food service guide, 65 books, 5 pads, 6 posters, 5 sets of cards, 248 recipe cards, 12 sheets, 2 maps, 1 "big mouth", 1 filmstrip/cassette set, 20 pictures, 1 flip chart, 6 transparencies, 6 transparency mounts, 1 recipe box, 6 blank 30 min. sound cassettes, 30 notebooks, 30 press badges, 30 envelopes, 1 puzzle, 5 menu folders, 5

acetate sheets, 1 set of labels, and 2 markers. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 6)).
Abstract: The kit includes teacher's and foodservice guides and most materials required for 13 classroom activities designed to make students aware of their own and other people's food habits. Each activity is divided into steps (lessons) which will accomplish the stated behavioral objectives. Each lesson identifies materials needed, specific procedures and the amount of time required for completion of the step. Through the activities children will learn: how cultural heritage can influence food habits; community, state, national and international food habits; how to make eating environments more pleasant; how the availability of foods influences food habits; and how to plan a special school lunch menu incorporating their knowledge of food habits. Activity materials in the kit include food diaries, a puzzle, story books, recipe cards, match-up and charade games. The teacher's guide describes activities and procedures and provides master copies of handouts. The foodservice's guide offers suggestions for increasing the foodservice personnel's involvement in classroom nutrition education. (js)

0025
Food powerAgency for Instructional Technology. -.
Bloomington, Ind. : AIT, c1985. 1 film reel (15 min.) : sd., col. ; 16 mm. + 1 teacher's guide. -. (NAL Call No.: DNAL Motion picture no.76 F&N).
Abstract: This film designed for children in the primary grades introduces the concept that eating a variety of foods is important in keeping the body healthy. Slim Goodbody is the central character in the film. He explains why it is important to eat a good breakfast, identifies the four food groups, and presents nutritious snacks. The children learn the meaning of a balanced diet and are encouraged to try new foods. (ls)

0026
Food safety (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded -Includes teachers guide, food service guide, 60 books, 5 pads, 4 posters, 8 transparencies, 8 transparency mounts, 1 filmstip/cassette set, 1 sound cassette, 1 blank 30 min sound cassette, 1 1000 ml. pyrex beaker, 2 glass stirring rods, 1/4 lb standard methods agar, 20 disposable petri dishes, 2 magnifying glasses, 1 microorganism bulletin board display, 1 scroll and box, 2 towels, 1 list, 30 hairnets, 5 scripts, 8 bulletin board headings, 1 set of tables, and 1 marker. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 7)).
Abstract: A classroom-cafeteria nutrition education package includes instructional materials and most supplies needed to conduct 9 activities which help 30 students become familiar with the need for and methods of maintaining food safety. Activities, each divided into 2 or more steps, enable students to "meet the microbes:" identify types and sources of bacteria and conditions conducive to their growth; understand the role of insects in food contamination; see how food is kept safe in the school kitchen; and understand the purpose of food additives. The teacher's guide includes lesson plans for all activities and worksheet masters. The food service's guide provides the same lesson plans and suggestions for coordinating classroom and cafeteria activities and increasing food service's involvement in nutrition education activities. (js)

0027
Food 1, 2, 3, 4 Handel Film Corp.
; Handel, Leo A. West Hollywood, Calif. Handel Film Corporation 1976. Intended audience: grades 1-6. 1 film reel (13 min., 20 sec.) : sd., col. ; 16 mm. + 1 film guide. (NAL Call No.: RA784.F66 F&N AV).
Abstract: A film for young people conveys the message that foods are important for their health and appearance. Foods for growing children are divided into 4 groups: cereal, meat, milk, and fruit and vegetables. Each food group is explained; varied examples demonstrate types of foods that comprise the specific food group. The presentation focuses on developing good eating habits and discusses the body's need for various nutrients. It is pointed out that raw foods don't vary greatly from one country to another but methods of preparation do. The presentation utilizes music and pictures rather than dialogue. It is stressed that foods from all the 4 groups are needed daily for energy and vitality. A number of snacks are shown and the audience is asked to select the better snack. (kbc)

0028
Fresh produce poster set.
Newark, Del. Produce Marketing Association (198-?). 4 posters : col. ; 56 x 43 cm. + 1 information packet. (NAL Call No.: TX392.F69 F&N AV).
Abstract: Four posters illustrate fruits and vegetables readily available during the 4 seasons of the year. The posters are accompanied by an educational packet which contains line drawings of the fruits and vegetables with I.D. numbers. The I.D. numbers correpond to a produce number on the back of the poster in the educational packet. The information identifies the product, describes its characteristics, and notes the nutritional benefits. (kbc)

0029
Fruit & vegetable song book /words and chords by Dale & Sherry Colgrove ; illustrated by Don Pedersen ; concept by Laurie Manahan. -.
Colgrove, Dale. ; Colgrove, Sherry.; Pedersen, Don.; Manahan, Laurie. Chino, Calif. : Yummy Designs, c1984. Cover title: Yummy fruit and vegetable songs.- Cover title: Yummy designs fruit & vegetable song kit, with cassette. 10 leaves : ill. ; 28 cm + 1 sound cassette (15 min). (NAL Call No.: DNAL jTX397.C64).
Abstract: An instructional kit for elementary grades contains an audiocassette tape and a song book with lyrics to 9 songs about different fruits and vegetables. Seven of the songs are on specific fruits (apples, oranges, grapes, bananas) and vegetables (peas, tomatoes, celery). (wz)

0030
Fruit (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded -Includes teachers guide, food service guide, 30 books, 10 pads, 22 posters, 6 game sets, 1 transparency, 1 transparency mount, 2 acetate sheets, 30 certificates, 5 hand juicers, 1 cloth, 1 set of labels, 1 marker, and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 2)).
Abstract: A nutrition education kit includes all instructional materials and most supplies needed for a class of 30 to conduct 5 multi-step activities encouraging children to become more familiar with and select a wider variety of fruits in their daily diet. Children see, touch, taste, feel, and smell fruits they may have never tried through the :"Fruit of the Room" activity, describes fruit processing methods and identify nutrients found in fruits. Recipes for preparation and tasting include fruit leather, juice/ice cream combinations, applesauce and pineapple sampling. A teacher's guide provides lesson plans indicating materials, equipment, time needed and procedures for each step. The food service's guide offers suggestions for coordinating education efforts between the teacher and the food service personnel in appropriate lesson plans. (js)

0031
Fruitsy Tootsy's fruit and vegetable party Produce Marketing Association.
Newark, Del. Produce Marketing Association 1980. Sound accompaniment compatible for manual and automatic operation. 1 filmstrip (60 fr.) : col. ; 35 mm. + 1 sound cassette (8 min.). (NAL Call No.: TX397.F7 F&N AV).
Abstract: Fruitsy Tootsy wears an enormous hat covered with beautiful fruits and vegetables while intoducing nutrition concepts to young school children. Their reluctance to participate in an eating adventure turns to curiosity on a supermarket trip when some of vegetables come alive as puppets and describe the nutritional benefits and taste treats the children are missing. Fruitsy then invites the children to a tasting party where they learn about many fruits and vegetables they had never tasted. Fruitsy and her puppets can help teach good eating habits through better knowledge of basic nutrition concepts, food preparation, and an increased interest in trying new foods.

0032
Go, grow, glowAgency for Instructional Technology. -.
Bloomington, Ind. : AIT, c1985. "23-104"--container. 1 film reel (15 min.) : sd., col. ; 16 mm. + 1 teacher's guide (31 p., 28 cm.) -. (NAL Call No.: DNAL Motion picture no.91 F&N).
Abstract: "Go, Grow, Glow" is a film for primary grades thatemphasizes the body's need for food for energy and growth. The viewer learns the importance of chewing food properly and the digestive process is presented to show how food is converted into fuel for energy. Short skits, puppets, and film clips are combined in this program in order to clarify the concept of energy needs, nutrients, and nutrient absorption. A teacher's guide is included with suggestions for activities. (ls)

0033
Good as goaled National Health Systems.
Ann Arbor, Mich. National Health Systems 1980. Includes 1 spinner board (27 x 27 cm.), 1 picture reference chart (56 x 42 cm.), 1 game register sheet, 40 player cards, plastic markers. 1 game. (NAL Call No.: TX364.G67 F&N AV).
Abstract: Nutrition education for young children becomes fun and more easily remembered when presented in game form. A bingo format focuses on dietary goals, such as weight reduction, reduced intakes of fat, salt, sugar and cholesterol, and increased use of fruit, vegetables, and skim milk. The players learn about the basic 4 food groups and the nutrition spoilers -- "lotsa funny fats" and "lotsa refined sugars". The register sheet and spinner board are administered by the leader, who has some discretion in specifying the calls, enabling her to focus on specific interests or problems of the group. The winner is the first to complete a balanced bingo meal, with no spoilers.

0034
Good eatin'Coronet Films. -.
Chicago, Ill. : Coronet Films, 1983. Intended audience: Kindergarten through elementary grades. 1 film reel (15 min.) : sd., col. ; 16 mm. -. (NAL Call No.: DNAL Motion picture no.92 F&N).
Abstract: Puppet characters and animation present the importance of proper nutrition to primary school children. The film stresses that choice, not chance, is the key to good nutrition. A car puppet explains how people, like cars, need a variety of things to keep them running well. The nutritious "Mr. Milk" introduced the

four food groups. A pitch for unhealthy foods is made by the "Junk Food Monster", while a girl with a yo-yo shows how sugary foods give quick energy, then drop suddenly. (ls)

0035
Good health and you.
Chicago, Ill. Clearvue, Inc. c1981. "For primary and intermediate children.". 4 filmstrips (310 fr.) : col. ; 35 mm. + 4 sound cassettes (43 min.) ; teacher's guide and reading script (43 p. ; 22 cm.) + book of spirit masters (16 p. ; 28 cm.). (NAL Call No.: RA777.G66 F&N AV).
Abstract: Good health is discussed in a 4-part series that includes: exercise and health, cleanliness and health; health and happiness; and diet and health. The interrelationships of each subject are stressed, including how adolescents can feel and look better, and be better able to sustain activity and well being. Diet, exercise, good hygenic practices and rest are important if kids expect to develop properly and have the stamina needed to maintain an active pace. Charts and an activity book containing duplicating masters are included. (kbc)

0036
Good nutrition programs (developed and produced for the Arizona Nutrition Education and Training Program by Ear-O-Dynamic Communications.).
Phoenix, Ariz. Arizona Dept. of Education 1981. NET funded. 2 sound cassettes (126 min.) : 1 7/8 ips ; 3 7/8 x 2 1/2 in., 1/8 in. tape + 2 booklets (60 p. ; 22 cm.). (NAL Call No.: TX364.G683 F&N AV).
Abstract: Custom length cassettes for use over the school public address system in elementary or secondary schools each contain 60 one minute announcements with an opening and closing jingle and messages designed to promote nutrition education, good health and school lunch participation. A manual accompanying each cassette provides all scripts and evaluation questionnaires for students and teachers. (js)

0037
Good nutrition, try it, you'll like it Molly C. Gorelick, E. Audrey Clark ; developed at California State University, Northridge.
Gorelick, Molly C. ; Clark, E. Audrey.& Establishing nutritious food practices in early childhood.
Northridge, Calif. California State University, Northridge, Home Economics Dept. 1981. Includes 2 filmstrips, 2 sound cassettes, teacher's guide, 6 instructional modules -Final report for this project is Establishing nutritious food practices in early childhood (TX364.G6962 F&N (E-3928)). 1 kit ; in container 23 x 29 x 7 cm. (NAL Call No.: TX364.G696 F&N AV).
Abstract: A kit developed to establish nutritious food practices in early childhood contains 6 modules. Included are: an assessment evaluation; classroom activities designed to develop cognitive skills and creativity; a recipe book with equipment and ingredients needed, cooking and useful ideas; an introduction to nutrition through the 4 food groups; a look at ethnic foods children eat worldwide such as tacos and pizza; and a parent-teacher activity guide. All print material has clear pictures and drawings that could be reproduced.

0038
Great school menus (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded -Includes teacher's guide, food service guide, 30 books, 8 pads, 4 posters, 10 transparencies, 10 transparency mounts, 2 flip charts, 5 decks of cards, 6 sets of rules, 1 school lunch question kit, 30 hairnets, 30 sheets, 30 envelopes, 1 envelope of cafeteria improvement ideas, 1 acetate sheet, 1 set of labels, 1 marker, and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 8)).
Abstract: A nutrition education kit for elementary students provides instructional guides and most materials necessary to conduct 8 multi-step activities. Using the cafeteria as a learning laboratory, many activities may be conducted solely by foodservice personnel exploring the history of the school lunch program, meal pattern requirements, factors affecting food and recipe selection, meal planning, food purchasing, and mealtime environment. A teacher/foodservice guide includes lesson plans and suggests ways of coordinating classroom and cafeteria activities. (js)

0039
Health ... food and nutrition.
Hollywood, Calif. Charles Cahill and Associates c1967. Title on container: Health ... food & nutrition. 1 film reel (11 min.) : sd., col. ; 16 mm. + 1 study guide. (NAL Call No.: TX355.H41 F&N AV).
Abstract: The need for and importance of a balanced diet and proper nutrition are discussed. Each of the 4 food groups (milk; bread and cereals; fruits and vegetables; fish, meat, and eggs) and their nutrient values are described. The reasons the body requires certain foods (for growth and health) are discussed. Other discussion topics are proper chewing and eating new foods. (kbc)

0040
Health education curricular progression chartdeveloped by the National Center for Health Education's School Health Education Project.
Atlanta, Ga. : U.S. Dept. of Health and Human Services, Public Health Service, Centers for Disease Control, Center for Health Promotion and Education, Community Program Development Division, 1982. 1 chart ; 62 x 89 cm. (NAL Call No.: DNAL FNC LB1587.A3H38 F&N AV).
Abstract: The Health Education Curriculum Progression chart compliments

the Primary Grades Health Curriculum Project (PGHCP). Ten curriculum content areas, such as growth and development, nutrition, and community health management, are identified and described. Lifestyle goals that the individual learners should be able to achieve are identified for each content area. The majority of the chart is comprised of curriculum level behavioral objectives, for grades K-7, in each content area. Additional information explaining the chart and a glossary of behavioral terms are included. (kbc)

0041
Hestor Digestor Media People.
Scottsdale, Ariz. Media People 1981. Sound accompaniment compatible for manual and automatic operation -Includes activity pacqet. 2 filmstrips (41, 50 fr.) : col. ; 35 mm. + 2 sound cassettes (9, 8 min.) and teacher's guide. (NAL Call No.: TX364.H45 F&N AV).
Abstract: Hestor Digestor is a creature with a mouth attached to his stomach. He eats all the time, but never the right foods. He learns that good health depends on choosing a variety of foods because no single food contains all the necessary nutrients. By following a new food plan, Hestor changes from a digestor into a boy. His friend, the talking cow, introduces Hestor to the 6 nutrient groups--water, protein, carbohydrates, fats, minerals, and vitamins. Food sources for building a healthy body are mentioned; nutrient functions are identified. Suggestions are made for school lunches with a variety of good foods that boys and girls will enjoy. Nutrition learning activities (puzzles, coloring pages, etc) are also included. (nm)

0042
High feather, episode 1. Deep water test New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt.1 F&N AV).
Abstract: Positive nutrition messages encourage children and young teens to eat right in this first episode of a series exploring the experiences of 8 boys and girls at summer camp. The campers arrive, meet each other, and begin to interact. The implications of poor food habits (Leo's fondness for sweets, Suzanne's use of megavitamins, and Tom's overweight) are examined. Basic principles of a healthy diet are introduced. These include eating fresh fruit and vegetables, drinking milk and juice, being willing to try a wide variety of foods, cutting down on salt at the table, and following a good meal plan. When Domingo has a swimming accident the children learn the importance of camp rules and discover the support of new friends.

0043
High feather, episode 10, Food follies New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 10 F&N AV).
Abstract: The annual show at summer camp is the vehicle through which a group of campers become aware of the needs and nutritional problems of the elderly. Members of a nearby senior citizens center get involved with the show by passing on their know-how and experience. The children, in turn, realize how inflation makes it difficult for older people to eat nutritionally adequate diets. Both old and young learn to understand and appreciate each other; the show entitled "Food Follies" is a great success.

0044
High feather, episode 7, Going home New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (29 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 7 F&N AV).
Abstract: This episode of a series exploring the experiences of 8 boys and girls at summer camp focuses on Tom, a 12-year old who is overweight. Tom has already lost 8 lbs. at camp, due to lots of physical exercise, improved food habits and a healthy balanced diet. When his father loses his job, Tom has to return home. At first to hide his disappointment, Tom begins to eat back the weight he has lost. His family also reinforce the poor eating habits that have made Tom overweight. But Tom remembers what he has learned about nutrition at camp and shows his family that nutritious foods can be low calorie, inexpensive and tasty. He plants a vegetable garden and demonstrates such smart shopping skills as comparison shopping and avoiding expensive meats, heavily advertised products, processed foods and convenience items.

0045
High feather, episode 8, The County fair New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (28 min.) : sd., col. ; 3/4 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 8 F&N AV).
Abstract: Boys and girls at summer camp plan to enter favorite foods in the county fair competition. Stan at first considers cooking "women's work"; he discovers, however, that cooking can be fun after a lesson from the camp's male chef. The campers' efforts are nearly unrewarded when Jeff, an irresponsible teenager with a drinking problem, forgets to hand in their entry application. Jeff realizes his selfishness has hurt others and he convinces the fair personnel to set up a makeshift table for the campers. Fairgoers get to sample such nutritious

dishes as arroz con pollo, berry pie made with whole wheat crust, potato and leek soup, and granola, and Leo's garden-grown lettuce wins 3rd prize in the vegetable competition.

0046
High feather, episode 9, Saved from the pound New York State Education Dept.
Albany New York State Education Dept. 1980. NET funded. 1 videocassette (29 min.) : sd., col. ; 2/3 in. + teacher guide. (NAL Call No.: TX364.H52 Pt. 9 F&N AV).
Abstract: Boys and girls at summer camp learn lessons in responsibility and friendship through an abandoned dog and a younger camper who both need care and attention. Through the children's efforts Scruffy finds a new home; little Eddie discovers the importance of good nutrition, hygiene and a positive self-concept through his admiration for the older Leo. Leo also learns he's not too "cool" to teach the smaller boys how to take charge of himself.

0047
Integrated nutrition activities Ohio Department of Education, Nutrition Education and Training Program.
(Columbus, Ohio) The Dept. (1982).
"Developed by the Franklin County Department of Education under the auspices of the Ohio Department of Education, Nutrition Education Section. -NET funded. ca. 1200 activity cards : col. ; 22 x 14 cm. in 4 boxes, 18 x 24 x 14 cm. each + 1 teacher's guide. (NAL Call No.: TX364.I548 F&N AV).
Abstract: A series of activity cards designed to teach nutrition concepts and basic skills in 5 major subject areas (language arts, science, math, health, and social studies) is divided into 4 grade clusters, each spanning two grade levels: K-2, 3-4, 5-6 and 7-8. Cards are color-coded and list the basic skill to be attained, a nutrition objective and one or more activity ideas which fulfill the objective. Activity suggestions include films, books, discussions, games, and individual and group activities. (js)

0048
It's what you eat Agency for Instructional Television.
Bloomington, Ind. Agency for Instructional Television 1975. 1 videocassette (14 min.) : sd., col. ; 3/4 in. + teacher's guide. (NAL Call No.: TX364.I8 F&N AV).
Abstract: The message that food is good for you is highlighted as children are acquainted with the 4 basic food groups and what is meant by a balanced diet. Since even first and second graders sometimes make their own food choices, nutrition information concerning the relationship of good food to energy, growth and health is given. Two cartoon characters stress the importance of eating breakfast and the hazards of eating too much. In selecting foods from all the food groups to plan a nutritionally balanced dinner, the teacher of this health education series demonstrates that a varied diet makes good sense.

0049
Key nutrients (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded -Includes teachers guide, food service guide, 125 books, 12 pads, 32 sheets, 5 posters, 2 flip charts, 2 sets of cards, 18 transparencies, 3 sets of headlines, 4 measuring spoons, 4 measuring cups, 30 markers, 3 scripts, 2 sets of labels, 2 handpuppets, 5 coffee filters, 5 cloth tubes, 5 ping pong balls, and 1 piece of string (135 ft.). 1 kit; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 9)).
Abstract: An instructional/activity kit provides lesson plans and materials for 9 activities designed to help students become familiar with the major nutrients and food sources of nutrients. Each activity has specific objectives and is divided into steps identifying a time frame, materials needed, and specific procedures for completion of the step. Activity themes include: identification of key nutrient groups, their functions and sources; laboratory experiments to detect protein, starch, fat, vitamin C, and minerals; understanding the relationship between energy and calories; effects of processing, storage and preparation on nutrients; food labeling information; and the digestive system. The teacher's guide includes lesson plans for all activities; the food service's guide provides lesson plans and supplemental notes suggesting methods for utilizing the school cafeteria as a learning lab and increasing the involvement of food service personnel in nutrition education. (js)

0050
Learning about your oral health.
Chicago, Ill. American Dental Association c1982. Contains guide, spirit masters, flannel board punch outs and plastic hand puppet in pocket. 1 folder : ill. ; 28 cm. (NAL Call No.: RK61.L4 pt. 5 F&N AV).
Abstract: A curriculum guide of 5 lessons for preschool teachers provides guidelines and instructional materials to aid preschool children in establishing effective oral care habits that will benefit them thoughout their lives. Educational topics include the importance of teeth, plaque removal, diet and nutrition, visiting the dentist, and safety and first aid. The included instructional aids are: teaching masters, parent information letters for use at different stages of the program, flannel board punchouts, and a hand puppet for a puppet show. The program is approved by the Council on Dental Therapeutics of the American Dental Association. (wz)

0051
Living & teaching nutrition with Peter Pizzolongo.
; Pizzolongo, Peter.& Living and teaching nutrition; (videorecording). Mt. Rainier, Md. Gryphon House Inc. 1983, c1984. Title on container: Living and teaching nutrition -VHS format. 1 videocassette (36 min.) : sd., col. ; 7 5/8 x 4 1/8 in., 1/2 in. tape. (NAL Call No.: TX364.L541 F&N AV).
Abstract: Nutrition education activities for children are presented in this part of a workshop on nutritional aspects of child care. Suggested activities include field trips, sprouting seeds, making paint from plants, games, puzzles, books that tell about food, filmstrips and films, singing and other activity games, acting out stories, and simple food preparation. The speaker points out potential pitfalls of the projects and emphasizes the need for preparation of each learning activity. (emc)

0052
Living & teaching nutrition with Peter Pizzolongo.
; Pizzolongo, Peter.& Living and teaching nutrition; (videorecording). Mt. Rainier, Md. Gryphon House Inc. 1983, c1984. Title on container: Living and teaching nutrition -U-matic format. 1 videocassette (36 min.) : sd., col. ; 8 5/8 x 5 1/2 in., 3/4 in. tape. (NAL Call No.: TX364.L542 F&N AV).
Abstract: Nutrition education activities for children are presented in this part of a workshop on nutritional aspects of child care. Suggested activities include field trips, sprouting seeds, making paint from plants, games, puzzles, books that tell about food, filmstrips and films, singing and other activity games, acting out stores, and simple food preparation. The speaker points out potential pitfalls of the projects and emphasizes the need for preparation of each learning activity. (emc)

0053
Low calorie bingo.
Durham, N.H. Nutrition at Work, University of New Hampshire 1979. NET funded -Part of Vegetables with good munch program. 27 game cards + 3 instruction sheets. (NAL Call No.: RM222.2.L628 F&N AV).
Abstract: Twenty-seven bingo cards, each with a different number field, help players become familiar with the caloric values of 75 nutritious snack foods. Numbers on cards (1 through 75) correspond to the caloric value of a measured amount of food. Direction sheet with suggested variations is included. (js)

0054
Making meals at school.
Red Oak, Iowa Experience Education 1980. NET funded -Includes teachers guide, food service guie, 65 books, 1 pad, 7 posters, 11 transparencies, 11 transparency mounts, 30 hairnets, 30 drawing sheets, 1 menu border, 12 patterns for hand puppets, 1 set of stickers, 1 mobile, 15 moon goon rings, 15 fruit necklaces, 1 marker, 1 set of labels and 10 grease pencils. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 10)).
Abstract: A package of 7 activities to be taught jointly by the classroom teacher and foodservice personnel can help students become acquainted with their own school foodservice and develop positive feelings about school meals. Activities are divided into 1 to 4 sequential steps, each of which indicate the amount of time and materials needed to complete the project. Using this kit, students will explore the school kitchen, learn about meal pattern requirements, sample cafeteria foods, and plan an appreciation day for school foodservice personnel and a day to invite guests to lunch. A teacher's guide and foodservice personnel teaching guide are included with other print and activity materials. (js)

0055
Meal preparation and service Tel-Air Interests.
Miami, Fla. Tel-Air (1980). 1 film reel (15 min) : sd., col. ; 16 mm. -. (NAL Call No.: HV854.F32 (no.4) F&N AV).
Abstract: The importance of planning, scheduling and preparing meals so as to provide nutrition learning experiences for children in day care is emphasized. Day care center managers and cooks and home day care mothers are provided with information on prechecking menus, assembly of foods and utensils, use of recipe cards, measuring-, preparation-, and storage-techniques, and sanitation practices. In order to create a positive learning environment for children, meal service should be planned and organized. Children may be encouraged to try new foods by allowing them to help prepare and serve meals. Seasonings should be mild, foods should not be too hot or cold, and minimum portion sizes should be served. Adults should always be present to set an example for the children, in order that they develop good eating habits; food should never be used as punishment or reward.

0056
Merchandising school lunch.
(Storrs, Conn.) Connecticut Nutrition Education and Training Program (1982?). Includes portfolio, handouts, posters, flash cards, stickers, banner, apron and popsicle sticks -NET funded. 1 kit ; in container 25 x 30 x 15 cm. (NAL Call No.: TX364.M455 F&N AV).
Abstract: The kit provides materials for a one month promotional campaign to increase participation in school lunch and provide basic nutrition education for students in grades 1-4. The campaign incorporates commercial tactics (publicity, games, prizes) into 4 separate week long activities. Week 1 promotes school lunch participation and the Basic Four food groups; weeks 2, 3, and 4 focus on sources and functions of calcium, vitamin A and Vitamin C respectively. A 2 part portfolio includes a preparation checklist and

background information for the school lunch manager, background nutrition information for the teacher and parent newsletter samples. (js)

0057
Milk and milk foods.
Chicago, Ill. : Coronet Films, 1978? . Title from data sheet.~ Intended audience: primary grades in health. 1 film reel (14 min.) : sd., col. ; 16 mm + 1 teacher's guide. (NAL Call No.: DNAL Motion picture no.51 F&N).
Abstract: This film for primary grade children is designed to teach a variety of basic concepts regarding milk. Included in the presentation are a review of milk's nutritional value, how it is treated for drinking, the different types of products formed from milk and how these products are made. In addition, terms such as pasteurize, homogenize, rennet, curds, and whey, are clearly explained through the use of illustrations. (ls)

0058
Nourishing and nurturing two year oldsprepared by Hannah Dusto and Penny Spingham. -.
; Dusto, Hannah.; Spingham, Penny. Ithaca, N.Y. : Cornell University, Distribution Center, 1982. Title from data sheet.~ Intended audience: Adult. 20 slides : col. + 1 leader's guide + 1 script + instructional materials. (NAL Call No.: DNAL Slide no.108 F&N).
Abstract: A color slide-based instructional program with accompanying study literature for parents and care-givers of 2-year-old children. The slide presentation depicts the characteristics of 2-year-old children with respect to good behavior and eating habits. Six serial publications discuss various aspects of the proper feeding of 2-year-olds (e.g.: the anatomy of 2-year-olds; nutritional needs for growth; food preferences and nutritional norms; do's and dont's in creating the proper physical, social, and emotional environment; and techniques for making eating fun); a learner's guide covering the publication; and a packet of 14 supplementary materials covering nutrition and feeding conce pts are all included. (wz)

0059
Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975. Includes teacher training booklet and audiocassette (12 min.), nutrient density food profiles masterbook, 1 transparent overlay (7 x 28 cm.), 8 measuring cups. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N877 F&N AV).
Abstract: A description of the teaching materials in an integrated K-6 nutrition education curriculum is presented in booklet and cassette form. The basic concept of the curriculum is nutrient density, or the Index of Nutritional Quality (INQ), which expresses a food's nutritional value as a ratio of nutrient to energy content. The INQ enables students to evaluate food combinations of individual preference and non-traditional sources which still satisfy nutrient requirements. The INQ masterbook lists the calculated nutritive value of energy, protein, 5 vitamins, iron, and calcium for 730 foods. A complementary food list identifies foods with a high concentration of a given nutrient in relation to its caloric content. (cj)

0060
Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975. Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 30 transparent overlays (7 x 28 cm.), 1 red marker, 1 black marker, 3 transparencies (22 x 28 cm.), 7 master copies of lunches, 4 sets of digestion concentration playing cards, recipes, and menus. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 3 F&N AV).
Abstract: An integrated 3rd, 4th, and 5th grade nutrition education curriculum is based on the concept of nutrient density, or the Index of Nutritional Quality (INQ). Thirty lesson plans can be used throughout the school year; each plan includes a concept, behavioral objectives, learning activities, and suggestions for the use of time and materials, methods of presentation, and review. Nutrition information is presented on 129 food profile cards, enabling students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to understand the basic aspects of nutrition and digestion, to identify energy equivalency of snacks, to interpret food labeling information, to recognize the need for dietary diversity, and to plan nutritionally sound meals. Instructions for planning and preparing an ethnic dinner provide opportunity for practical application of the curriculum concepts. (cj)

0061
Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975. Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 4 nutrient function posters (43 x 28 cm.), 5 dice, play money (50 - 1 cents, 50 - 5 cents), and 1 metric measure. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 1 F&N AV).
Abstract: An integrated curriculum for use by kindergarten and 1st grade teachers is designed to help children acquire the knowledge necessary to make wise food choices. Approximately 30 detailed lesson plans can be adapted to varying time lengths; each plan centers around the concept to be learned, and includes behavioral objectives, integration suggestions, required time and materials, lesson presentation, learning activity, and review. Nutrient density, or the Index of Nutritional

Quality (INQ), forms the basis for food choice, thus allowing unusual food combinations and individual preferences in meeting nutrient requirements. Nutrition information on 129 food profile cards enables students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to identify plant and animal foods and food products, to recognize 4 basic components of foods and their sources, to classify most foods in the Basic Four, and to relate each of the 4 nutrients to its body function. Learning activities include tasting, smelling, and feeling sessions, making a mobile, and observing growth of a classroom pet. (cj)

0062
Nutrient density, nutrition education Utah State University, Dept. of Nutrition and Food Sciences.
Logan Utah State University 1975.
Includes teacher's manual, student's skillbook, 129 food profile cards (22 x 28 cm.), 30 transparent overlays (7 x 28 cm.), 1 red marker, 1 black marker, 16 nutrient poster sheets (22 x 28 cm.), 1 book (Bread and jam for Frances), transparencies of white bread and jelly food profile cards, transparency of digestive system, 50 wooden sticks, 8 metric measuring utensils, and 3 dice. 1 kit (23 x 29 x 12 cm.). (NAL Call No.: TX364.N876 Unit 2 F&N AV).
Abstract: An integrated curriculum for use by 2nd and 3rd grade teachers is designed to help students acquire the knowledge necessary to make wise food choices. Thirty lesson plans can be adapted to the school year; each plan focuses on one concept, and provides behavioral objectives, learning activities, and outlines for integration, time, materials, presentation, and review. Nutrient density, or the Index of Nutritional Quality (INQ), forms the basis for food choice, thus allowing unusual food combinations and individual preferences in meeting nutrient requirements. Nutrition information is presented on food profile cards, enabling students to evaluate food combinations as a ratio of nutrient to energy content. Students are taught to identify food sources and functions of 8 nutrients, to use metric measurements, to read nutrition labeling for protein content, and to understand food changes during the digestive process. Instructions for planning and preparing a meal provide the opportunity to practice the concepts presented. (cj)

0063
Nutrient needs Encore Filmstrips.
Burbank, Calif. Encore Visual Education 1978. Sound accompaniment contains both audible and silent signals. 1 filmstrip (62 fr.) : col. ; 35 mm. + 1 sound cassette (13 min.) and teacher's manual. (NAL Call No.: TX364.N869 F&N AV).
Abstract: A cartoon presentation of the body's nutritional needs for satisfying growth, repair, and energy demands focuses on 5 basic nutrient groups: minerals, protein, carbohydrate, fats, and vitamins. The functions and sources of each category of nutrients are discussed, as well as the allocation of the nutrients in body composition. The interactions of nutrients are illustrated by the interdependence of vitamin B1 and carbohydrate, fats and vitamin D, and iron and vitamin C. All these nutrients can be provided by a balanced diet, featuring variety, freshness, and a minimum of junk foods. (cj)

0064
Nutrients the movie.
; Koppelman, Howard.; Ramey, Jonna. Sacramento, Calif. California State Dept. of Education, Media Service Unit (1982?). NET funded. 1 film reel (15 min., 30 sec.) : sd., col. ; 16 mm. (NAL Call No.: TX552.N86 F&N AV).
Abstract: An entertaining film introduces and describes each of the 6 nutrient groups, their functions and sources. A variety of backdrops and characters are used to maintain interest. The importance of water is explained by Sea World trainers; Dracula expounds on the benefits of minerals, with emphasis on iron for healthy blood; and a female weight lifter describes the need for protein and her methods for combining vegetable proteins to make complete proteins. All scenes feature healthy young people engaged in active work or play, and reinforce the need for a variety of foods in the diet for optimal nutrition. (js)

0065
Nutriphonics.
Red Oak, Iowa Experience Education 1981. NET funded -Includes Nutriguide, 14 "Show me" books, 14 "Talk with me" books with microrecords, 14 portfolios of handout masters, 14 posters, 14 sound cassettes, 7 puppets and 1 microphonograph player with instruction folder. 2 boxes ; 38 x 66 x 16 cm. (NAL Call No.: TX364.N77 F&N AV).
Abstract: A nutrition education system for preschool (pre-reading) children conveys positive nutrition concepts through cartoon storybooks and direct experience activities observing, comparing, tasting, cooking and eating a variety of foods. Fourteen basic nutrition concept topics are taught with colorful "Talk with Me" books containing sound components (story and sound effects) children activate with a hand-held microphonograph. Stories also may be "read" to groups of children using cassettes included. "Take-Me-Home" sheets and "Work-With-Me" books accompany the stories and provide nutrition information, recipes and learning activities which reinforce nutrition concepts. Felt hand puppets representing the major characters in the "Talk With Me" stories, may be used as teaching aids and in role playing. The teacher's guide lists concepts and questions applicable to each topic; details ideas for nutrition-related supplementary activities; provides recipes identified for use with various teaching units; and offers nutrition

information, staff training materials, and a resource guide. (js)

0066
Nutrition.
Chicago, Ill. Clearvue, Inc. c1974. "With bell and 50 Hz automatic advance.". 4 filmstrips (245 fr.) : col. ; 35 mm. + 2 sound cassettes (36 min.) + 1 teacher's guide and reading script (31 p.). (NAL Call No.: TX355.N81 F&N AV).
Abstract: A 4-part series on nutrition is structured to familiarize primary grade students with the 4 basic food groups and to enhance the understanding of nutrition concepts, and to teach the importance of a well-balanced diet containing food from all 4 groups. How the nutrients in each food group help the students' bodies develop is explored. A teacher's guide contains suggestions of activities for the children. (wz)

0067
Nutrition - some food for thought Centron Films.
Lawrence, Kan. Centron Films 1981. 1 film reel (16 min.) : sd., col. ; 16 mm. + leader's guide. -. (NAL Call No.: TX364.N874 F&N AV).
Abstract: Recommendations are made for good nutrition practices for school children. Comic illustration is made to an inappropriate laboratory preparation of nutrition pills to substitute for nutritious foods. The satisfaction of food consumption, and the essential need and basic functions of different food nutrients (carbohydrates, fats, protein, minerals, and vitamins) are discussed. Different foods will provide different kinds and amounts of such nutrients. Three recommendations are made for good nutrition: eating a balanced diet containing the 4 basic food groups, including nutritious snacks; eating a good breakfast (the most important meal); and eating from the 4 basic food groups each day. Guidelines on the recommended number of daily servings from each food group also are given. (wz)

0068
Nutrition around the clock Walt Disney Educational Media Co.
Burbank, Calif. Walt Disney Educational Media Co. 1977. Sound accompaniment compatible for manual and automatic operation ~Also includes teacher's guide, orange bird nutrition adventure comic book (32) p., 8 orange bird recipe cards, and spirit masters. 5 filmstrips (63, 55, 62, 59, 61 fr.) : col. ; 35 mm. + 5 sound cassettes (9, 9, 10, 7, 8 min.) & 5 posters (48 x 58 cm.). (NAL Call No.: TX364.N863 F&N AV).
Abstract: Walt Disney characters illustrate basic nutrition concepts to motivate students in grades K-3 to make intelligent food choices. Five stories emphasize the importance of a nutritious breakfast, trying new foods for a varied lunch, dinner as a time for sharing, healthy snacking, and choosing good foods when eating out at fast food restaurants. Youngsters are taught the relationship between nutrition, energy and performance, and are also encouraged to take responsibility for food selection and meal preparation. Other topics include: variety as the key to balanced nutrition; using recipes; reading ingredient labels; plant sources of foods; and how foods are distributed. Examples of easy-to-fix nutritious foods are given. Posters, buttons, class activities, comic books and recipe cards develop awareness of good food habits while providing entertaining ways to learn about good nutrition.

0069
Nutrition at work.
Durham, N.H. University of New Hampshire 1979. NET funded. 1 videocassette (50 min.) : sd., col. ; 3/4 in. (NAL Call No.: TX401.N87 F&N AV).
Abstract: An educational presentation discusses vegetables, where they come from, and how they are grown. In 4 segments, puppets talk about vegetables and a young boy goes on a shopping trip with his mother. How different vegetables grow, where they grow, and how they are transported to market, are described. A school project that involves a second grade class and school cafeteria personnel in making a spinach salad and introducing it in the cafeteria is described. The children learn that the food tastes good and is nutritious. Nutrition is discussed and it is explained how salads and vegetables play an important part in providing vitamins and minerals necessary for growth. Various nutrition education activities that incorporate a rainbow of vegetables are demonstrated. (kbc)

0070
Nutrition can taste good : Cathy Hix Baker, Anne Melinda Lustre, Rebecca Clark Carlson.
Baker, Cathy Hix. ; Lustre, Anne Melinda.; Carlson, Rebecca Clark. Knoxville, Tenn. UT Research Corporation Cookeville Tenn. distributed by Office of Research, Tennessee Technological University 1980. NET funded. 60 food profile cards : col. ; 10 x 13 cm. + teachers guide (56 p. : ill. ; 22 cm.). (NAL Call No.: TX551.B24 F&N AV).
Abstract: The activities center around 60 food profile cards which graphically show the calorie content and percent of the US RDA for 6 leader nutrients (protein, calories, iron, thiamin, vitamin A and vitamin C). An accompanying booklet explains the profile cards and provides a sample letter for parents describing the use of the cards in the school cafeteria, sample nutrition education public address announcements and newspaper articles, sample posters, a pre/post test and a Waste Watcher chart for documenting plate waste. (js)

0071
Nutrition comes alive, introductory level K Susan Kay Nelson.
; Nelson, Susan Kay. UMunch with Munch. Ithaca, N.Y. Cornell University 1980. NET funded ~Includes 1 puppet, 1 sound recording (tape cassette, 12, 6 min.), teacher's guide, songs, games, recipes, puzzles and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859a F&N AV).
Abstract: The importance of eating a wide variety of foods to ensure good health in kindergarten children is emphasized with the help of a caterpillar hand puppet named Munch. Munch belongs to a curriculum package which introduces youngsters to different foods using songs, stories, games, recipes and other learning activities where children taste new foods. Children learn that good foods are needed for energy and growth, and that some foods are not nutritious. Students examine foods which are advertised on television. A teacher's guide includes information and activity sheets and master copies which can be duplicated to prepare and motivate pupils to have fun with nutrition.

0072
Nutrition comes alive, level 1 Susan Kay Nelson.
; Nelson, Susan Kay. ULet's go exploring. Ithaca, N.Y. Cornell University 1980. NET funded ~Includes 1 poster (114 x 106 cm.), flannel-board pieces, teacher's guide, songs, games, puzzles and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859b F&N AV).
Abstract: First graders are encouraged to learn where foods originate, how animals and plants grow, and how the body turns food into nutrients needed for growth in a curriculum package for nutrition education. Learning activities use a hand puppet, mobile, floor game, explorers' hats, flannel-board pieces, songs and other experiences which permit exciting food explorations. Pupils are introduced to 2 important nutrients; protein and calcium. Children taste foods from the juice, seeds, stems, roots, leaves and fruits of plants. A complementary teacher's guide explains how to implement and integrate activities, and includes information and activity sheets, game instructions, and ditto masters for in-classroom use.

0073
Nutrition comes alive, level 2 Martha C. Mapes.
; Mapes, Martha C. UBe a choosy chewer. Ithaca, N.Y. Cornell University 1980. NET funded ~Includes 2 puppets, 1 sound recording (tape cassette, 13, 11 min.), 1 magic cupboard, activity project cards, teacher's guide and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859c F&N AV).
Abstract: Second graders learn which snacks promote good health with the help of 2 hand puppets, a magic cupboard, stories, songs, a classroom activity organizer for the wall, and 24 food and fitness activity cards in a curriculum package for nutrition education. Learning projects which encourage children to be choosy in their snack selections integrate nutrition concepts with other school subjects. Topics include "Think What You Drink," "Snacks Make a Difference," "Eat Fruit Every Day," and "Salads Are So Good." Youngsters should eat fruits with natural sweetness rather than sugary foods, or other nutritious snacks which provide energy as well as fun. A teacher's guide idea packet contains instructions, recipes, and master copies for student worksheets, snack records and fitness charts for each student.

0074
Nutrition comes alive, level 3 Susan Kay Nelson.
; Nelson, Susan Kay. UThe Food peddlers. Ithaca, N.Y. Cornell University 1980. NET funded ~Includes 5 color posters (56 x 43 cm.), 1 sound recording (tape cassette, 4 min.), 5 math recipe cards, teacher's guide and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859d F&N AV).
Abstract: Third graders learn to become informed consumers with a curriculum package which examines media information on their food choices. Advertising and selling intent are explored in classroom activities including discussion of 5 fictitious ads and their accompanying color posters. Five write-on, wipe-off cards integrate food preparation concepts with metric mathematics in recipes for pea soup, corn bread, raisin nut muffins, spinach salad, and pineapple smoothie. Learning activities encourage children to critically analyze the nutritional qualities of advertised products, and to use nutrition knowledge to exercise power of choice in making food selections. A teacher's guide contains ditto masters on such topics as "Let's Sell Juice," "Does the Ad Grab You?," "Which Brand Would You Buy," and "Let's Look at the Label."

0075
Nutrition comes alive, Level 4 Martha L. Plass.
; Plass, Martha L. UOn the move. Ithaca, N.Y. Cornell University 1980. NET funded ~Includes 1 workbook, activity exercise, teacher's guide, checklist and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859e F&N AV).
Abstract: Fourth graders discover that food has energy value and that weight depends on a balance between energy input and outgo, in a curriculum package which includes an energy workbook. Pupils also learn that exercise uses up energy, and therefore that lifestyles affect energy balance. Today's foods and activities are compared with traditional foods and activities of the past; learning projects emphasize how technology has changed human energy expenditure since colonial days. A self-teaching exercise, "Egg Carton Nutrition," matches snacks and activities with energy ratings to provide students with a fun way to learn

about energy balance. A teacher's guide outlines objectives and lists references and resources. Activity sheets present concepts which promote other subject areas in the fourth grade curriculum.

0076
Nutrition comes alive, Level 5 Martha L. Plass.
; Plass, Martha L. UThe Nutrient connection. Ithaca, N.Y. Cornell University 1980. NET funded ~Includes experiment cards, dialysis tubing, international gazette, teacher's guide and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859f F&N AV).
Abstract: Fifth graders examine the physiological needs of the human body for the nutrients in foods, in a curriculum package for nutrition education. Cultural, social and psychological influences determine the individual's eating habits, and may lead to overnutrition or undernutrition. Three main sections include: Science Activity Cards; Math Nutrition Problems; and International Nutrient Connections. Students are encouraged to select foods which contain many nutrients. Supplements include a key nutrients chart, a food composition table and nutrient requirement charts. Learning activities and recipes help students to identify and discover ethnic foods from other cultures. Dialysis tubing for use in experiments relating nutrient transport across cell membranes is included.

0077
Nutrition comes alive, Level 6 Tracy Farrell.
; Farrell, Tracy. UA Case of waste. Ithaca, N.Y. Cornell University 1980. NET funded ~Includes 48 slides (2 x 2 in.) "Trash tells a tale," 1 sound recording (tape cassette, 8 min.), slide set script, 1 poster (50 x 43 cm.), teacher's guide and other activities. 1 kit (26 x 31 x 12 cm.). (NAL Call No.: TX364.N859g F&N AV).
Abstract: In a curriculum package exploring food waste, sixth graders examine the use and misuse of food by individuals, families and communities in the U.S. Facts about the private and public costs of landfill and energy consumed in the storage, collection, processing, transportation and disposal of garbage are discussed. Activities encourage students to investigate the environmental consequences of American food waste and implications for world hunger. Pupils look at the amount of food thrown away by school food service. Discovering the causes of food waste may motivate students to reduce their own wastage by changing food habits, recycling food packaging and making more efficient use of food by considering their food needs. Topics include "Trash Tells A Tale" (slide/tape presentation), "Industrial Food Waste" and "Garbage Takes Over." Activity sheets introduce students to a nutrient mobile, a mini-landfill, returnables, and a stale bread experiment.

0078
The Nutrition connection SVE.
Chicago Society for Visual Education 1980. Sound accompaniment compatible for manual and automatic operation. 4 filmstrips (72, 49, 70, 54 fr.) : col. ; 35 mm. + 4 sound cassettes (12, 11, 13, 12 min.) and teacher's manual. (NAL Call No.: TX364.N872 F&N AV).
Abstract: Detective Thursday and his trusted assistant Sam Sharpe surprise Skip at his breakfast of candy and potato chips; they come out of the television set and explain to him why good nutrition is essential. The detectives explain the 4 food and 6 nutrient groups, and the amounts of each that Skip needs every day. Skip learns to read labels on food packages. The detectives provide definitions of terms such as additive, preservative, fortification, etc. and point out the sugar content of many cereals. When Nina begins to wonder what happens to an apple she is eating, Thursday and Sam take on the case of the disappearing apple. An in-depth tour of the digestive system, aided by charts and graphics, solves the case. The detectives discuss the planning of nutritious meals with some outer space visitors who have run out of food. Cultural specialties, balanced menus and fast food meals are presented. (cj)

0079
Nutrition, foods the body needsNational Geographic Society.
Washington, D.C. : The Society, 1982. Intended audience : Primary-intermediate. 30 booklets (6 p. : ill. ; 28 cm.), 1 sound cassette (16 min. : 1 7/8 ips, mono.) and teacher's folder, in container : 4 x 24 x 30 cm. -. (NAL Call No.: DNAL FNC TX355.N828 F&N AV).
Abstract: The teacher's guide in this kit contains an outline of the key points of the lesson, student objectives, concepts to be developed and suggested activities for each. The read-along cassette is the narration of the student booklet. A printed copy is supplied for each duplicating master for games, puzzles and other activities that reinforce the points of the lesson. The follow-up project sheets are designed to further explore the concepts of the unit (emc)

0080
Nutrition for preschoolers Contra Costa County Department of Health Services.
Martinez, Calif. The Dept. 1980. NET funded. 1 loose-leaf notebook with inserts, cards, dominoes, fruit seals, popsicle sticks, paper plates; in container 34 x 27 x 17 cm. (NAL Call No.: TX364.N9 F&N AV).
Abstract: Lesson plans, designed to integrate nutrition education into learning experiences typically found in a preschool setting, enable learners to master minimum proficiencies in California's health instruction framework. Forty-five activities are divided among 5 content areas: food choices, factors influencing choices,

food-related careers, consumer competencies and food handling. Each activity plan states the objectives, new vocabulary work(s), materials needed, (including patterns), procedures, evaluation methods and additional activities. Some lesson plans are appropriate for holiday seasons. (js)

0081
Nutrition for young people, food from source to you.
New York Guidance Associates 1978. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (78 fr.) : col. ; 35 mm. + 1 sound cassette (13 min.) + 1 sound disc (13 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N832 F&N AV).
Abstract: An audiovisual program is presented for 5th-8th grade children to illustrate how the US food supply is produced, processed, and transported from the farm to the consumer. As the program follows the production of the ingredients of a cheeseburger, it highlights the advantages and disadvantages of a food supply system that increasingly relies on complex technology. It also is pointed out that a highly important benefit of agribusiness is its provision of a wide range of food choices for a balanced diet. (wz)

0082
Nutrition for young people, how food becomes part of you.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (84 fr.) : col. ; 35 mm. + 1 sound cassette (14 min.) + 1 sound disc (14 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8322 F&N AV).
Abstract: An audiovisual program, presented for schoolchildren in grades 5-8, demonstrates some of the basic processes by which the body turns food into tissue. The program traces the steps of digestion, illustrating and defining key terms--saliva, esophagus, peristalsis, enzymes, acids and other digestive juices, and osmosis. The program also: reviews the essential nutrients; focuses on the role of calories as a measure of food energy and energy expended in growth and activities; explains that fat cells store energy in the form of fat; and illustrates how proteins are degraded into amino acids, and how these recombine to make new proteins that form new cells. (wz)

0083
Nutrition for young people, vitamins and minerals.
New York Guidance Associates 1978. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (93 fr.) : col. ; 35 mm. + 1 sound cassette (18 min.) + 1 sound disc (18 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8323 F&N AV).
Abstract: An audiovisual program is presentd for 5th-8th grade school children providing a description of 8 vitamins and minerals, and their role in promoting good nutrition and health. The material describes how vitamins and minerals are used in the body, and the best food sources for each. The importance of a varied diet is emphasized, and moderation is recommended in the use of vitamin and mineral supplements. This program should assist school children in identifying foods that are rich in essential vitamins and minerals, and in realizing that vitamin and mineral supplements are not a substitute for a balanced diet. (wz)

0084
Nutrition for young people, what foods people need.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (102 fr.) : col. ; 35 mm. + 1 sound cassette (14 min.) + 1 sound disc (14 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8324 F&N AV).
Abstract: An audiovisual program, presented for schoolchildren in grades 5-8, reviews the essential nutrients and shows the students how science has studied food and identified the food groups. The program also shows how the 4 food groups help people to get all the nutrients they require. The program discusses the need for variety in the diet and emphasizes that sound nutritional practices need not be a set of rigid rules, but involve choice and responsibility of the individual. A teacher's guide is included. (wz)

0085
Nutrition for young people, what is food.
New York Guidance Associates 1976. Sound accompaniment compatible with manual and automatic operation. 1 filmstrip (74 fr.) : col. ; 35 mm. + 1 sound cassette (11 min.) + 1 sound disc (11 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide. (NAL Call No.: TX355.N8325 F&N AV).
Abstract: An audiovisual program is presented for 5th-8th grade children to provide a basic understanding of the interdependence of all life forms, showing the relationship between the food people eat and the forms of life from which it comes. The program illustrates how people, animals, and plants are made up of the same basic chemicals (known as the essential nutrients): water, proteins, fats, carbohydrates, vitamins, and minerals. The concepts of photosynthesis, food chains, and food webs also are explained. (wz)

0086
Nutrition for young people, why people eat what they do.
White Plains, N.Y. Guidance Associates c1976. Sound accompaniment compatible with manual and automatic operation. 1

filmstrip (104 fr.) : col. ; 35 mm. + 1 sound cassette (15 min.) + 1 sound disc (15 min. : 33 1/3 rpm, mono. ; 12 in.) + 1 teacher's guide (28 p.). (NAL Call No.: TX355.N8326 F&N AV).
Abstract: An audiovisual program presented for schoolchildren in grades 5-8 explores the many factors that affect eating habits and food choices. These factors cover: the availability and cost of food; the sensations of hunger and fullness; the 5 senses and appetite; feelings related to past experiences with food and eating; advertised food messages; family and cultural customs and traditions; and peer group influences. The program defines the terms "eating habits" and "food choices" and provides, in understandable language for the students, a basic explanation of the kind of subconscious learning tht occurs in the development of eating habits and food preferences. (wz)

0087
Nutrition spots Maryland State Dept. of Education.
Owings Mills Maryland State Dept. of Education 1980. 1 videocassette (4 min.) : sd., col. ; 3/4 in. + 1 poster (64 x 53 cm.). (NAL Call No.: TX364.N862 F&N AV)
Abstract: Thirty-second announcements presented by 8 television personalities who star in programs which appeal to children and teens stress the message that "You can't go wrong by eating right." Beginning with a picture of the celebrity as a youngster, each star tells why it makes good sense to eat nutritious foods such as fruits, vegetables, yogurt, fish, cheese and whole grains. (These foods make you look and feel better, keep you in good physical shape and help to start the day off right; foods low in sugar, fat and salt are much healthier than junk food.) Such stars as Willie Aames and Susan Richardson ("Eight is Enough"), Erik Estrada ("Chips"), Ron Glass ("Barney Miller"), Kevin Hooks ("White Shadow"), Jamie Farr ("M.A.S.H."), Scott Baio ("Happy Days") and Alison Arngrim ("Little House on the Prairie") show that kids need to be taught good eating habits.

0088
Nutrition super stars Arizona Dept. of Education.
Phoenix Arizona Dept. of Education 1981. NET funded. 1 book (loose-leaf), spirit masters. (NAL Call No.: TX364.N866 F&N AV).
Abstract: A curriculum guide to nutrition and physical fitness education for 5th and 6th grades advocated a team approach in which teachers, school food service staff, school nurses, and parents can influence the food and health choices of children. Diet and physical exercise are seen as directly affecting health, learning ability, and achievement. Lessons consider the nutritional value of foods, the relationship of food, nutrition, and physical fitness to growth and health, and the development of good food and exercise habits. Concepts, objectives, and instructional aids are given for each of these 5 lessons: "Everybody's a Star" (Body Composition); "Creating a Star" (How Food Becomes You); "Shaping a Star" (How Genetics and Lifestyle Affect Health Status); "Making a Super Star" (Health- How to Make it Happen); and "Fueling a Super Star" (Helping Yourself to Good Health). The 5 lessons contain 20 lesson plans.

0089
Nutrition tastes good.
Jamaica, N.Y. : Eye Gate Media, c1981. Sound accompaniment compatible for manual and automatic operation.~ Title from container. 2 filmstrips (75 fr.) : col. ; 35 mm. + 2 sound cassettes + 1 teacher's guide. (NAL Call No.: DNAL Filmstrip no.28 F&N).
Abstract: A set of two filmstrips provides information on good eating habits, nutrition, and the four food groups in the form of cartoon illustrations. The first cassette provides an elementary introduction to the nutrients and their food sources. Foods from each food group are presented. The secondcassette provides instructional advice on improving eating habits. The importance of a well-balanced diet, particularly energy and nutrient requirements, are stressed. The overall importance and benefits of sound nutrition are the main goals of the filmstrip set. (ls)

0090
Nutrition, try it - you'll like it Aims Media.
Glendale, Calif. Aims Media (1980). 1 film reel (10 min.) : sd., col. ; 16 mm. (NAL Call No.: TX364.N875 F&N AV).
Abstract: Good and poor eating habits are illustrated, as they relate to sound nutrition practices. Examples covered include nutritional control in the feeding of 300 animals, the deleterious effect of advertisements on the consumption of high-sugar foods and soft drinks, and the strong correlation of high-fat diets with coronary artery damage between various ethnic groups. The 7 national dietary guidelines are covered, as are practical recommendations concerning the selection of foods from the supermarket. (wz)

0091
The Nutrition workshop Educational Activities, Inc.
Freeport, N.Y. Educational Activities 1978. 3 sound cassettes (135 min.) : 1 7/8 ips, mono. + teacher's guide and spirit masters.~. (NAL Call No.: TX364.N879 F&N AV).
Abstract: A workshop (part of the Body Workshop series), comprised of a teacher's guide, 3 cassette tapes, and duplicating masters, guides 4th-9th grade students through 12 short nutrition lessons. The workshop is self-directing and self-correcting, and can be used for individuals, small groups, or school classes in science, physical education, and health. Emphasis

is placed on the basics of nutrition (nutrients, calories, food sources of energy, the basic 4 food groups), and on assisting the students in applying these basics to their daily lives (including diet planning to fit students' needs, and for meeting the required nutrients and calories). An evaluative test is included to assist the teacher in assessing the level of information obtained by the student, following the workshop. (wz)

0092
Nutritionwho cares? You should! -.
Mount Kisco, N.Y. : Guidance Associates, c1982. Sound accompaniment compatible for manual and automatic operations.~ Intended audience: Primary grades.~ 2-7398. 4 filmstrips (237 fr.) : col. ; 35 mm. + 4 sound cassettes + 1 teachers's guide. (NAL Call No.: DNAL Filmstrip no.23 F&N).
Abstract: This four-part, sound/color filmstrip set is designed to help children make everyday food choices. Cartoons help children learn about choosing food, what's in food, what their bodies do with food, as well as the limitless choices they can make for all their meals. Specifically, the program is designed to broaden their scope of the foods that are available to them, and suggest new ways of eating familiar foods. A leader's guide accompanies the program. (ls)

0093
Orange bird's "get to know good nutrition show.
Burbank, Calif. Walt Disney Educational Media 1981-1983. Sound accompaniment compatible for manual and automatic use ~Intended audience: Grades 4-6. 5 filmstrips, 6 sound cassettes, 5 posters, 9 spirit masters, 1 comic book (36 copies), and 1 teacher's guide. (NAL Call No.: TX355.07 F&N AV).
Abstract: A multi-media kit that shows the relationship between good nutrition and physical and mental health. Using animated cartoon characters and ballads it helps students to understand the need for a variety of foods, the relative values of foods, the importance of eating breakfast and the selection of foods high in nutritive values. It introduces the concept of 6 important nutrients, the digestive system, the relationship between calories and activity, the importance of exercise, and food labeling. The series is non-sequential. A teacher's guide provides a key to new vocabulary, story content, objectives, suggested previewing discussion topics and supplementary activities. One tape provides music and directions for exercises that can be performed sitting at a desk and in a standing position. A take-home comic book and posters reinforce the messages of the films and tapes. Spirit masters provide the words of the songs, puzzles and other activities for each of the units. (emc)

0094
The Peanut butter caper Encore Filmstrips.
Burbank, Calif. Encore Visual Education 1980. Sound accompaniment contains both audible and silent signals. 1 filmstrip (89 fr.) : col. ; 35 mm. + 1 sound cassette (14 min.) and teacher's manual. (NAL Call No.: TX364.P423 F&N AV).
Abstract: Stuffed animals and dolls act out a drama concerning a peanut party that almost comes to disaster when Oscar the squirrel steals the raw materials. During the process of roasting and opening the peanuts, and making peanut butter for the party, several concepts are presented; peanuts are nutritious; cooking changes nutritional value and flavor; store-bought peanut butter sometimes contains chemicals or sugar (which is not good for teeth); peanut shells are good for storing peanuts; labels are useful for determining contents; and peanut germ is the most nutritious part of the peanut but is usually discarded by manufacturers. Directions for making peanut butter are given. (cj)

0095
Physical fitness & nutrition (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded ~Includes teachers guide, food service guide, 120 books, 3 pads, 34 posters, 7 transparency mounts, 1 filmstrip/cassette set, 2 T-shirts, 2 scripts, 1 set of food models, 3 tape measures, 1 calorie book, 2 sets of cards, 1 acetate sheet, 1 set of labels, 10 markers, and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N AV (no. 11)).
Abstract: Using the 7 activities provided, upper elementary school students can become more aware of the relationships between regular exercise and good nutrition, the quantity and quality of food intake, and energy needs and energy balance. Each activity fulfills specific objectives and is divided into steps identifying the amount of time and types of materials needed for completing each step. Adequate supplies for a class of 30 are included (charts, posters, worksheets, and teacher's and foodservice personnel teaching guides). Activities involve role playing, preparing a booklet of warm-up activities to increase endurance, flexibility and strength, and a game revealing misconceptions about physical fitness, sports, and nutrition. (js)

0096
Picture recipes for beginning cooks.
(Annapolis, Md. Maryland Dept. of Health and Mental Hygiene 1979?).
"PMA-DHMH-79.". 103 recipe cards. (NAL Call No.: TX652.P52 F&N AV).
Abstract: Eight picture card recipe sets (banana orange tree salad, banana orange beverage, tossed salad, peanut butter on cabbage, deviled egg, cream cheese

balls, carrot and pineapple salad, fruit salad) are designed to provide positive food experiences for preschool children. Illustrated steps of each recipe are simplified, sequential black and white drawings of skills suitable for 3 year olds. Each recipe set is accompanied by a teacher's instruction card listing the appropriate age range and season for the activity, ingredients and equipment needed, safety and sanitation notes, nutrition information, and sensory experiences provided. (js)

0097
Raisin' upNorfolk Public Schools. -.
Norfolk, Va. : Norfolk Public Schools, 1981. 10 videocassettes (150 min.) : sd., col. ; 3/4 in. + 3 television curriculum guides. (NAL Call No.: DNAL FNC TX364.R36 F&N AV).
Abstract: Color TV programs and supporting print materials encourage wholesome attitudes toward food consumption for grades K-1 and activities 15 min. programs for K-1 use dance, drama, puppetry, mime and music to portray the basic four food groups and their contribution to good health and growth. The first film reinforces the importance of eating a variety of foods; films 2 through 5 each concentrate on a specific food group. The accompanying curriculum guide provides a short summary of each broadcast, pre- and post-broadcast activities, activity pages and story/coloring books. Three 15-minute programs for second and third grade students teach the importance of the six essential nutrients and the need for and selection of balanced meals and snacks. Activitie s provided are integrated into reading, math and communications curriculums. Appendices for each set of programs provide basic nutrition facts and sources of nutrition education materials and teaching aids. (js)

0098
Root vegetablestrash or treasure?.
Durham, N.H. : Nutrition at Work, University of New Hampshire, 1981? . NET funded - Part of Vegetables with good munch program. 1 game board + 96 trash or treasure cards. (NAL Call No.: DNAL FNC TX392.R66 F&N AV).
Abstract: A teaching poster game focuses on root vegetables. The students are asked to name vegetables based on statements, to identify the part of the plant the vegetable comes from and what part of the plant is normally eaten. This game bears a resemblance to bingo. (kbc)

0099
Sam Strongfellow and the food genie by John Matthews and Mark Brewer.
; Matthews, John.; Brewer, Mark. Los Angeles Churchill Films 1980. 1 film reel, 11 min., 40 sec,) : sd., col. ; 16 mm. + study guide. (NAL Call No.: TX355.S22 F&N AV).
Abstract: An engaging cartoon encourages primary school children to eat better and to differentiate between good foods and junk foods. The cartoon children have very little energy and are turning blue from poor food choices. The space hero goes to work in a kitchen to undo the wicked witch's non-nutritious brew adding nutrients to the brew. The relationship between food choices and energy is discussed as is the need for eating a variety of foods. (kbc)

0100
School cafeteria manners for primariesHey, don't push! /Instant Miracles. -.
Jamaica, N.Y. : Eye Gate Media, 1980. Title from data sheet.~ Intended audience: Preschool through primary grades. 1 filmstrip (43 fr.) : col. ; 35 mm. + 1 sound cassette (5 min. : 1 7/8 ips) + 1 guide. (NAL Call No.: DNAL Filmstrip no.24 F&N).
Abstract: An instructional film strip for elementary school children describes proper behavior during lunchtime in the school cafeteria. It stresses the importance of remembering good manners, especially in crowded and potentially hazardous environments. Children are instructed to be attentive to teachers and other adults, and a step by step review of ways to improve cafeteria manners, including how to behave politely, how to eat properly, and how to avoid accidents is included. (ls)

0101
School lunchroom manners Centron Films.
Lawrance, Kan. Centron Films 1981. 1 film reel (10 min.) : sd., col. ; 16 mm. + leader's guide. -. (NAL Call No.: LB3475.S33 F&N AV).
Abstract: Illustration is given of desirable school lunchroom manners and their practice for grade school students. Recommendations include: leaving classroom items in the classroom, getting to the lunchroom on schedule, staying in place in line and remaining quiet, letting tray carriers have the right-of-way, having money ready for the cashier, deciding on the choice of food before entering the serving line, accepting portion sizes without argument, safety in carrying trays, cleaning up any spills or left-overs, and proper and courteous table manners while eating. Emphasis is placed upon efficiency and orderliness while entering, leaving, and eating in the lunchroom. (wz)

0102
The Seed sprout secret Encore Filmstrips.
Burbank, Calif. Encore Visual Education 1980. Sound accompaniment contains both audible and silent signals. 1 filmstrip (90 fr.) : col. ; 35 mm. + 1 sound cassette (13 min.) and teacher's manual. (NAL Call No.: SB117.S4 F&N AV).
Abstract: Children in grades K-3 are introduced to a nutritious food that is easy to grow at home--sprouts. Kathi, a doll character, grows sprouts from seeds for a class project on homegrown foods. Kathi and her class learn all about growing sprouts, as well as basic facts on plant foods, vitamins, minerals, and good nutrition. A teacher's manual

suggests different methods of sprouting and using sprouts, advantages of sprouts, a harvest chart for the variety of types available, crop yields for different seeds, and easy recipes using alfalfa, wheat berry, and mung bean sprouts. (nm)

0103
Seeking the source. produced by Biological Sciences Curriculum Study.
Northbrook, Ill. distributed by Hubbard c1975. Subtitle on script: Looking at the source of food ~Sound accompaniment for manual operation only. 1 filmstrip (30 fr.) : col. ; 35 mm. + 1 sound cassette (7 min., 5 sec.) and 1 leader's guide (8 p.) ~. (NAL Call No.: TX355.S43 F&N AV).
Abstract: An educational presentation traces several goods through the food chain to assist elementary school children in understanding that plants are the source of energy for the foods they consume. The sequence begins with a typical family at a picnic, and traces their food back through the food chain to plants. Upon completion of this presentation, children should gain an understanding that their own source of energy is from food consumption, and they should have an increased awareness and appreciation of plants. (wz)

0104
Skim milk skims body fat.
(s.l.) : American Heart Association, (1978?). 1 poster : col. ; 43 x 28 cm. (NAL Call No.: DNAL FNC S379.S56 F&N AV).
Abstract: A cow labeled "skim" is standing in a field of flowers. The poster's words read: "Skim milk-Skims body fat" and are a reference to the low calorie value of skim milk. It is also a reminder that skim milk has a place in a weight reduction diet. (emc)

0105
The Snack smart fun show : lower level, grades 1-3 Mediamark.
New York Mediamark 1980. Sound accompaniment compatible for manual and automatic operation ~Includes teacher's guide, student activity sheets, poster games, parent-child snack pact, parent's guide, track-a-snack record books, rewards for students and parents, certificate of merit. 1 filmstrip (103 fr.) : col. ; 35 mm + 1 sound cassette (16 min.). (NAL Call No.: TX364.S67 F&N AV).
Abstract: Since snacks play such an important part in children's diets, an action-oriented school program has been developed to help youngsters learn which snacks promote good health. The program uses Spider-Man, a cartoon hero, in a game, poster and snacking diary to change children's snacking choices. Healthy and nutritious snacks which are good tasting and fun to eat include raw fruits and vegetables, juices, milk, yoghurt, peanut butter, cheese and crackers. Parents are encouraged to plan, shop and prepare snacks together with their children. Learning activities include "The Snack Smart Fun Show," "Lip Smacking Snack Time," "Snack Market Maze," and "The Alphabet Game for Smart Snackers."

0106
The Snack smart fun show : upper level grades 4-6 Mediamark.
New York Mediamark 1980. Sound accompaniment compatible for manual and automatic operation ~Includes teacher's guides, Student's activity sheets, poster games, parent-child snack pack, parent's guide., track-a-snack record books, rewards for students and parents, certificate of merit. 1 filmstrip (103 fr.) : col. ; 35 mm + 1 sound cassette (16 min.). (NAL Call No.: TX364.S68 F&N AV).
Abstract: Since snacks may provide up to 1/3 of a child's daily calories, a school program which encourages elementary students to make healthy snack choices is presented. The program uses the comic strip character, Spider-Man, to promote 12 nutritious snacks including fruit and vegetables, juices, milk, yoghurt, peanut butter, cheese and crackers. Posters, games, and "track-a-snack" record books make children aware of their snacking habits. Parents are encouraged to prepare good snacks together with their children. Learning activities include "The Snack Smart Fun Show," "Get Ready, Get Set, Snack!, "Snacktor Factor," "Smart Snack Sleuthing," and "Variety - The Spice of Snacks." To illustrate the concept of smart snacking, Spider-Man, upon being offered reward money for a heroic deed replies, "Frankly, I'd rather have an orange."

0107
Snacks (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education.
Red Oak, Iowa Experience Education 1980. NET funded ~Includes teachers guide, food service guide, 270 books, 9 pads, 6 posters, 30 toothbrushes, 3 packages of floss, 3 stick puppets, 3 towels, 1 flip chart, 1 game, 8 measuring spoons, 8 measuring cups, 1 8 oz. bag of alfalfa seeds, 5 1-quart glass jars, 5 pieces of cheesecloth, 5 rubber bands, 2 nutcrackers, 30 hairnets, 30 aprons, 2 blank sheets of colored paper, 1 set of labels, 1 acetate sheet, and 1 grease pencil. 1 kit : in cylindrical container 51 x 33 cm. ~. (NAL Call No.: TX364.E94 F&N AV (no. 3)).
Abstract: An instructional/activity package provides lesson plans and most materials needed to conduct 13 activities with a class of 30. Students will learn: the rate of snacking in the normal diet; why they need to clean their teeth and how; how to distinquish between nutritious and non-nutritious snacks; and how to prepare selected snacks from all four food groups. Each activity is designed to accomplish a specific overall objective through steps or lesson plans indicating amount of time and materials needed, and specific procedures. The teacher's guide provides all of the lesson plans. The

supplemental Food Service's guide suggests ways in which food service personnel can utilize the school cafeteria as a learning lab and increase involvement in nutrition education activities. (js)

0108
Supermarket kit Abt Associates.
Cambridge, Mass. Abt Associates 1978. Includes teacher's guide, 360 item token cards, 16 color-coded section labels, shopping list cards, play money, 1 China marker, 2 paper caps, 1 pocket adder, shopkeeper's apron pattern, receipt pad. 1 kit. (NAL Call No.: HF5469.S92 1978 F&N AV).
Abstract: Suggested activities and discussions, useable by an entire class (up to 33) of 4th-7th grade students, assist children in understanding and applying nutrition, economic, and consumer concepts to supermarket shopping. The kit provides a variety of items for student use (e.g., food item cards for listing or charging prices; color-coded labels for display cases; shopping list cards; play money (bills and coins); a pocket adder; white caps for stock and checkout staff; a shopkeeper's apron pattern; a receipt pad (with carbon); and a teacher's guide with activity sheets. Nutrition concepts covered include: importance of foods in the diet; major food categories; food and diet nutrients; how to preserve food values; and meal planning and its effect on the family's budget and health. A wide variety of mathematical skills are employed by students using this kit. (wz)

0109
Table manners for primaries.
Jamaica, N.Y. : Eye Gate Media, 1979. Title from data sheet. 1 filmstrip (41 fr.) : col. ; 35 mm. + 1 sound cassette (5 min.) + 1 teacher's guide. (NAL Call No.: DNAL Filmstrip no.25 F&N).
Abstract: Humorous cartoon illustrations are wed to teach the elements of good table manners to elementary school children. Both "do's" and "don'ts" are discussed, emphasizing the fact that manners must fit the situation, and that one must be considerate of other people. (js)

0110
The Teacher as nutrition educator.
East Lansing, Mich. Michigan State University c1980. NET funded. 1 videocassette (24 min.) : sd., col. ; 3/4 in. (NAL Call No.: TX364.T388 F&N AV).
Abstract: Actual scenes from Michigan's K-6 classrooms depict formal and informal nutrition education activities integrated into math, health, science, reading, and social studies curricula. Five topic areas provide guidelines for instruction: 1) "What's so special about food?" emphasizes food sources of nutrients and healthful eating habits; 2) the "Putting foods together" section teaches the Basic Four food groups, the importance of breakfast, nutritious snacks, suggested eating patterns, 3) "Food from farm to table" provides activities which illustrate the production and processing of foods and multicultural food studies, 4) "Consumer power" covers federal and state regulations governing food production and processing, food buying skills and advertising influences, and 5) "Preventive nutrition" combines previous information to associate good dietary habits with optimal health and identifies major health problems related to poor food choices. The curriculum stresses hands-on activities since active participation participation encourages openness preparation encourages openess to new food experiences. (js)

0111
A Vegetable mobile.
Durham, N.H. Nutrition at Work, University of New Hampshire 1981. NET funded ~"Vegetables with good munch program.". 7 leaves ; 28 cm. (NAL Call No.: TX392.V38 F&N AV).
Abstract: A black and white, three dimensional mobile for classroom or cafeteria decoration may be colored and assembled by students. Mobile parts encourage daily intake of vegetables and identify flower, stem, fruit, root and leaf vegetables. (js)

0112
Vegetables (developed by Experience Education, Swanson Center for Nutrition and the Nebraska Department of Education).
Red Oak, Iowa Experience Education 1980. NET funded ~Includes teachers guide, food service guide, 72 books, 2 pads, 11 posters, 1 filmstrip/cassette set, 1 bag of cards, 1 flip chart, 1 script, 1 sheet, 1 sound cassette, 1 sombrero, 1 set of gazpacho ingredient cards, 6 decks of cards, 30 stickers, 30 watches, 2 acetate sheets, 1 set of labels, and 1 grease pencil. 1 kit ; in cylindrical container 51 x 33 cm. -. (NAL Call No.: TX364.E94 F&N (no. 4)).
Abstract: Students are encouraged to become familiar with and select a wide variety of vegetables through the 9 activities and materials provided in this kit. Projects include vegetable growing, food preparation vegetable soup, gazpacho, salad bar), and the study of major nutrients in vegetables. Lessons can be taught jointly between the classroom teacher and foodservice personnel (teaching guides are provided for each). (js)

0113
Vital vittles win the West.
Shawnee Mission, Kan. : Marsh Film Enterprises, 1975? . 1 filmstrip (48 fr.) : col. ; 35 mm. + 1 sound cassette + teaching guide and script. -. (NAL Call No.: DNAL Filmstrip no.4 F&N).
Abstract: "Vital Vittels Win the West" is a humorous, three-dimensional filmstrip for primary-grade children concerning a power struggle between animated foods in an Old West Town, in which the good guys win the day. Original art work and lively characters

of Ma Nature, Sonny, Pioneer Woman, Cowboy, and many others bring to life the facts of good nutrition for good health. A teacher's guide accompanies the program. (ls)

O114
WellnessAgency for Instructional Technology. -.
Bloomington, Ind. : AIT, c1985. 1 film reel (15 min.) : sd., col. ; 16 mm. + 1 teacher's guide (31 p., 28 cm.) -. (NAL Call No.: DNAL Motion picture no.75 F&N).
Abstract: "Wellness" is the first of a series of 15 health education films for primary-grade children. The concept of overall health and well-being is illustrated by the characters of Slim Goodbody, General Health, and their friends. The children are told that good health is not just the absence of sickness, but also the inner vitality and physical energy associated with being good health. The program introduces the importance of health and teaches the children how to make the best choices to keep their bodies in good physical condition. Short skits, puppets, and singing are included in this amusing children's program. A teacher's guide is also included. (ls)

O115
What's your fuel Agency for Instructional Television.
Bloomington, Ind. Agency for Instructional Television 1975. 1 videocassette (14 min.) : sd., col. ; 3/4 in. + teacher's guide. -. (NAL Call No.: TX364.W426 F&N AV).
Abstract: A presentation for preschool children on the principles of digestion begins with a demonstration of a tiny steam engine and the fuel it burns to create energy. Then follows a discussion on the body's ways of using fuel (chewing, swallowing, digesting, absorbing, eliminating waste). Intestines are likened to a coiled telephone cord. The stomach "melts" food with digestive juices much as a blender purees a lunch of hamburger, milk, pickle, and banana. The soupy product then passes into the bloodstream like raspberry syrup dripping through a cloth into a bowl of water. A review of the digestive route is done with a word game.

O116
Who cares ... what I choose to eat N.E. Wisconsin In-School Telecommunications.
Green Bay N.E. Wisconsin In-School Telecommunications 1979. NET funded. 1 film reel (15 min.) : sd., col. ; 16 mm. + interim manual. (NAL Call No.: TX364.W427 F&N AV).
Abstract: Each of 3 groups of 6th graders was given $25 for a grocery shopping trip to investigate what choices and decisions they would make on their own. The ensuing interviews focused on the children's reasons for the choices they made. Some of the influences cited were personal preference, parents' influence, familiarity, and that a food was usually forbidden. Taste and texture were important. Freshness and nutritiousness were also mentioned, although there seemed to be a correlation between nutrition and food dislikes in general. The students were aware of the importance of reading labels and the influences of advertising. Since 2 of the groups overspent considerably, the children concluded that greater awareness of nutrition and economics could mean making better food choices. (cj)

O117
Wizdom beats the blahs produced by Instructional Television Center, School Board of Broward County, Florida.
Lincoln, Neb. Great Plains National Instructional Television Library 1982. Title on container: Wisdom beats the blahs ~U-matic. 1 videocassette (20 min.) : sd., col. ; 3/4 in. (NAL Call No.: TX355.W59 F&N AV).
Abstract: Two groups of children exhibiting different energy and enthusiasm levels are contrasted and examined as to why one group has pep and energy and the other has none (the blahs). A wizard helps the peppy group understand why the blah group is tired and droopy. The feeling of unfitness (for the blahs) is attributed to the fact that they eat too much of the wrong foods including soda pop and junk food. Thus they don't have the energy that the peppy group has; the peppy group eats a balanced diet from the basic four food groups (which includes the nutrients needed for energy). The peppy group helps the blah group become peppy by learning how to balance high energy foods with foods from the basic four food groups. The blahs also learn to read labels so they know what they are eating. (kbc)

O118
The Young and the nutritious.
Burbank, Calif. Walt Disney Educational Media Co. c1981. Title on container: The young & nutritious ~Sound accompaniment compatible for manual or automatic operation ~Intended audience: grades 4-6. 6 filmstrips (ca. 462 fr.) : col. ; 35 mm. + 6 sound cassettes (64 min., 30 sec.) + 1 teacher's guide + 6 spirit masters in box 34 x 34 x 8 cm. (NAL Call No.: TX355.Y58 F&N AV).
Abstract: A set of filmstrips motivates children to maintain good health by making wise food choices. The set teaches the importance of eating breakfast, the selection of nutritious snacks, the maintenance of ideal weight, the selection of nutritious fast foods, the basics of nutrients, and the importance of good consumerism. The format is a parody of soap operas (filmstrip titles are: Love of Breakfast, Snacks of Our Lives, As the Calorie Burns, etc.). A teacher's guide includes preview questions, vocabulary lists, follow up activities and evaluations; spirit masters of exercises (one for each unit) are included. (rkm)

0119
Your body for life, elementary grades 1-3. Tupperware.
Orlando, Fl. Tupperware Educational Services 1979. Sound accompaniment compatible for manual and automatic operation. Includes teacher guides, 5 sense-able puppets, "You're sense-able" game, and food stick-ons. (NAL Call No.: TX364.Y65 F&N AV).
Abstract: The five senses and six nutrients are explored in a multimedia instructional program for elementary grades 1 to 3. Part 1, Let's be Sense-able, examines the five sense: smell, sound, touch, sight and taste; how each sense differentiates foods and leads to food choice is explained. Part 2, Food Power, examines six nutrients: protein, carbohydrates, fat, minerals, vitamins, and water; how each nutrient helps the body operate and grow; and which foods provide specific nutrients.

0120
Your body for life, elementary grades 4-6. Tupperware.
Orlando, FL. Tupperware Educational Services, 1979. Sound accompaniment compatible for manual and automatic operation. Includes teacher guides, 8 transparencies, game, and role-play cards. (NAL Call No.: TX364.Y66 F&N AV).
Abstract: Six body systems and six nutrients are explored in a multimedia instructional program for elementary grades 4 to 6. Part 1, All Systems Go, examines six body systems: skeletal, muscular, nervous, digestive, circulatory, and respiratory; how each system works individually and in unison with the other systems is explained. Part 2, You're the Leader, examines six basic nutrients: protein, minerals, vitamins, fat, carbohydrates, and water; how each nutrient helps the body; and which foods provide specific nutrients.

0121
The yummy salad band /by Laurie Manahan. -.
Manahan, Laurie. Chino, Calif. : Yummy Designs, c1984. Cover title: Yummy designs fruit & vegetable story kit. with cassette. 15 leaves : ill. ; 28 cm. + 1 sound cassette (15 min). (NAL Call No.: DNAL jTX397.C642).
Abstract: An instructional kit for elementary grades contains an audiocassette tape and a song book with lyrics to 9 songs about different fruits and vegetables. Seven of the songs are on specific fruits (apples, oranges, grapes, bananas) and vegetables (peas, tomatoes, celery). (wz)

0122
Zingo food bingo Tupperware Educational Services.
Orlando, Fla. Tupperware 1980. Includes 1 game board (82 x 61 cm.), 1 activity sheet, 48 food picture cards, 1 game. (NAL Call No.: TX364.Z5 F&N AV).
Abstract: A game, comprised of a wall-mountable game board, a duplicable master nutrient and menu planning activity sheet, and 48 different food picture cards, designed to make learning nutrition facts fun and informative, is offered for elementary and secondary school students; rule variations can be used to make the game more difficult for advanced students. The food picture cards list major nutrient contributions of each food. Students select foods from each of 5 nutrient groups (protein, carbohydrate, fat, vitamin, minerals) developing a grid of 25 different foods on their activity sheets. Food picture cards are then selected by a student or the teacher; the students having the correct food-nutrient combination mark their appropriate grid square. The winner is the 1st student who completes 5 squares in a straight line "bingo". Following the game, students are then asked to plan daily menus from foods on the game board. (wz)

0123
I am wheatWheat Industry Council. -.
Washington, D.C. : The Council producer ; Santa Monica, Calif. : Pyramid distributor , c1984. "012871"--cannister. 1 film reel (12 min.) : sd., col. ; 16 mm. + 16 film guides, 60 posters. (NAL Call No.: DNAL Motion picture no.89 F&N).
Abstract: The major consideration of this film for primary school children is the importance of wheat as a staple of the diet, world wide. A historical perspective of the uses of wheat is presented, as well as a complete description of the plant and its parts. Products made from wheat are shown and wheat's role as an important component of the breads and cereals group is discussed. In addition, the health benefits provided by complex carbohydrates, such as wheat, are discussed in order to encourage the viewers to include these food choices into their regular diet. (ls)

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II. BOOKS AND PRINT MATERIALS

0001
The ABC's of nutrition educations learning system for primary and intermediate grades /Susan Davis ... et al. .
: Davis, Susan. Manhattan, Kan. : Dept. of Foods and Nutrition, Kansas State, 1983. Container title. 16 folders + 2 sets of food cards. (NAL Call No.: DNAL FNC TX364.A232 F&N AV).
Abstract: This learning system is designed to teach primary and intermediate students about nutrition. Materials for the primary grades include a card game; a teacher's self-instruction guide; 7 learning activities with accompanying graphics; activities to reinforce and explain major concepts; learning objectives and suggestions for integrating the lesson into subject matter areas. The system for intermediate grades includes a student introduction activity, a card game, 5 learning activities which include lesson rationale, concepts and learning objectives plus ideas for integrating the lessons into various subject matter areas. A teacher orientation and student summary are included. The nutrients featured are: vitamins A, B, and C, iron, calcium and protein. A section on Sports Nutrition is also included. (kbc)

0002
About good nutrition : a coloring & activities book.
South Deerfield, Mass. Channing L. Bete Co., Inc. c1982. 16 p. : ill. ; 28 cm. -. (NAL Call No.: TX355.A25 1982 F&N E-4223).
Abstract: Nutrition information is presented for school children in the form of a 16-page illustrated coloring and activities book. Educational information covers each of 4 basic food groups, the importance of breakfast, lunch, and supper, and the concepts of avoiding overeating, controlling sugar intake, and the importance of a balanced diet, sleep, and exercise. Answers to 6 sets of activity questions are provided. (wz)

0003
An American heritage dinner : a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Anne Wetherell.
Dawson, Hannelore. ; Marple, Sylvia.; Wetherell, Anne. Durham, N.H. Nutrition at Work 1980. NET funded. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX364.D39 F&N E-3970).
Abstract: A specialty menu and classroom activities for elementary age children honor the American heritage of Narragansett Indian culture and resourcefulness in food cultivation, gathering and combining complementary protein sources. Food preparation, tasting and research project ideas, a resource list and task cards (enrichment projects for individuals or small groups) are provided for teachers and students; recipes for a traditional Indian dinner, production notes and cafeteria decorating ideas are included for food service staf; and a nutrition information letter for parents explains the purpose of the study, protein complementarity and lists recipes for johnnycake and cranberry apple sauce.

0004
Animal needs and care : teacher's guide / Baltimore County Public Schools.
Towson, Md. The Schools 1979. NET funded. v, 127 p. : ill. ; 28 cm. (NAL Call No.: SF75.5.A53 F&N E-4098).
Abstract: The guide provides classroom learning activities with small animals to promote children's natural curiosity, overcome fear and enhance learning about scientific process and methods. Children will use gerbils, goldfish, rabbits and reptiles to: study animal behavior; contrast human and animal nutritional needs and the value of good nutrition; use nutritional labeling; and translate experimental information into graphs and conclusions. Included are the design for 10 activities and one field trip, a sample parent letter and a resource materials list. (js)

0005
Apricots, bagels, clever cooks, and other stories about nutrition / authors, Bev Stratton; cover and illustrations, Katie Murray.
Stratton, Bev. ; Murray, Katie. (Ohio) Geauga County Dept. of Education 1982. NET funded. ca. 150 leaves : ill. ; 28 cm. (NAL Call No.: TX355.S79 1982 F&N B-3394).
Abstract: Lesson plans based on 42 primary and 19 intermediate children's storybooks, integrate nutrition education into literature, art, science, physical education and music activities for the classroom. Each lesson plan provides the book's story summary, the nutrition concept(s) to be drawn from it, and suggested activities, categorized according to curriculum subject. The appendices contain the resource books "Snacks," "Planning a Nutritious Tasting Party," and "Make It, Eat It". Classroom gardening activities and a list of useful classroom cooking equipment also are included. (js)

0006
Be a good sport : a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Anne Wetherell.
Dawson, Hannelore. ; Marple, Sylvia.; Wetherell, Anne. Durham, N.H. Nutrition at Work 1980. NET funded. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX364.D391 F&N E-3969).
Abstract: To help elementary school children choose foods that will keep them healthy, the Be a Good Sport portfolio offers nutrition education materials emphasizing the importance of vitamins and minerals in a well balanced diet. Included are: classroom activities, a brief resource list and task cards (enrichment activities for individuals or small groups) for students and teachers; a menu, 100 portion recipes, production notes and cafeteria decorating ideas for food

service staff and a letter for parents explaining the program and providing two family sized recipes from the "Good Sport Menu."

0007
Be wise about nutrition : a guide for good nutrition habits, part 2 / Susan Fraunfelter, James L. Miller.
Fraunfelter, Susan. ; Miller, James L. Towson, Md. Baltimore County Public Schools 1980. NET funded. vii, 192 p. : ill. ; 28 cm. Bibliography: p. 153-157. (NAL Call No.: TX364.F765 F&N E-4097).
Abstract: A guide for use in elementary schools suggests how to conduct a schoolwide motivational program which encourages children to eat and parents to provide breakfast and offers information and activities on nutrition, diet and the development of good eating habits. Materials include worksheets, morning announcements, bulletin board ideas, class activity suggestions (audiovisuals, food preparation, field trips), puppet shows and recipes. Local (Baltimore) and national resources for information, materials and trips are listed. A supplementary section includes additional breakfast menu ideas, recipes, classroom activities and an annotated list of food song records. (js)

0008
A bibliography of bilingual-bicultural preschool material for the Spanish speaking child / InterAmerica Research Associates.
Washington DHEW 1977. Includes index. (73) p. -. (NAL Call No.: Z5814.P6I5 F&N E-3376).
Abstract: Instructional materials available to teachers and paraprofessionals working with Spanish-speaking children are listed. Each entry includes information on intended audience, in what teaching situation it should be used, and when it is appropriate. Items are listed as staff development materials, instructional materials, or supplemental materials. Only preschool staff is targeted for staff development. Instructional materials include materials which can be used independently to develop specific skills. Supplemental materials, such as films, records, and work-books, aid in the instructional process. Publishers' addresses and prices are included.

0009
Bibliography of nutrition education materials & recipe references.
San Jose, Calif. San Jose Unified School District 1979. NET funded -At head of title: SJNEP, San Jose Nutrition Education Project. 51 p. : ill. ; 28 cm. -. (NAL Call No.: TX364.P568 F&N E-4192).
Abstract: The reference guide lists materials and recipes proven to be effective support to the "Please Pass the Nutrition" curriculum for grades K-4. Included is an annotated compilation of recommended: films, filmstrips, pamphlets and posters and their sources; adult resource books, professional journals, cookbooks, and children's food/nutrition storybooks; and curriculum materials available from professional, governmental and commercial sources. Tested, nutritious recipes suitable for classroom use are provided. (js)

0010
Big mouth : coloring book = Boca grande : libro de colorear = La grande bouche : cahier de dessin / created by the children of The Community Art Center, Inc.
Cambridge, Mass. The Center (1981?). NET funded -Text in English, Spanish and French. 34 p. : ill. ; 28 cm. (NAL Call No.: RK61.B5 F&N E-4107).
Abstract: A coloring book, created by children, promotes good dental health and eating practices. Activities include quizzes, fill-in-the-blanks and charts to complete. Text for most pages is in English, Spanish and French. (js)

0011
Bilingual worksheets English/Spanish : grades 1-2.
San Jose, Calif. San Jose Unified School District 1979. NET funded -English on recto and Spanish on verso of each leaf -At head of title: SJNEP, San Jose Nutrition Education Project. 226 p. : ill. ; 28 cm. -. (NAL Call No.: TX364.P565 F&N E-4173).
Abstract: Black and white printed and illustrated worksheets with English on one side and Spanish on the other, are numbered to correlate with the Master Curriculum Guide of "Please Pass the Nutrition." Included are age-appropriate stories, puzzles, games and informative handouts. Answer keys are available in the back of each Master Curriculum Guide. (js)

0012
Bilingual worksheets: English/Spanish : grades 3-4.
San Jose, Calif. San Jose Unified School District 1979. NET funded -At head of title: SJNEP, San Jose Nutrition Education Project. 264 p. : ill. ; 28 cm. -. (NAL Call No.: TX364.P566 F&N E-4172).
Abstract: Black and white printed and illustrated worksheets, with English on one side and Spanish on the other, are numbered to correlate with the Master Curriculum Guide of "Please Pass the Nutrition." Included are age-appropriate stories, puzzles, games and informative handouts. Answer keys are available in the back of each Master Curriculum Guide. (js)

0013
Child center nutrition handbook / Jean Fraser, Joyce Farkas, Deborah Stimmel.
Fraser, Jean. ; Farkas, Joyce.; Stimmel, Deborah. (Cleveland, Ohio) Cleveland State University 1980. NET funded. 20 p. : ill. ; 28 cm. Bibliography: p. 19-20. (NAL Call No.: TX364.F763 F&N E-4039).
Abstract: The handbook integrates nutrition information into a total curriculum creating effective learning

experiences for children ages 2 through 6. Activities organized to suit general development levels of children guide the preparation of inexpensive snack foods. Food activities for two year olds explore fruits and vegetables with all the senses through color, picture, texture, size and shape identification, and tasting. Activities, games, songs, and fingerplays, for 3-1/2 to 4-1/2 year olds focus on vegetables---categorizing, identifying, preparing and tasting. Activities for children 4-1/2 to 6 years emphasize a wide variety of foods and include tasting parties, recipe preparation, swimming pool gardens, puzzles, and games. Sample schedules for the two older groups illustrate integration of nutrition teaching into an entire day's activities. (js)

0014
Chinese fortunes: a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Carol Skidds.
Dawson, Hannelore. ; Marple, Sylvia ; Skidds, Carol. Durham, N.H Nutrition at Work 1982. NET funded. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX364.D392 F&N E-3975).
Abstract: A Chinese menu provides an opportunity for total school involvement (children, teachers, food service staff, and parents) in a cultural nutrition education effort emphasizing the need to include high fiber foods in the daily diet. Classroom food preparation, field trip and activity ideas, an annotated resource list and task cards (enrichment activities for individuals or small groups) are provided for students and teachers; quantity recipes, production notes and cafeteria decorating suggestions are included for food service staff; and a nutrition information letter for parents describes the purpose of the activities and provides a recipe for stir-fried vegetables. (js)

0015
A Compendium of exemplary school health education classroom programs and teaching/learning resources /Department of Health and Human Services ... et al. . -.
Washington, D.C.? : The Dept., 1984. Includes index. iv, 235 p. ; 29 cm. (NAL Call No.: DNAL RA440.3.U5C6 1984).
Abstract: To assist others in developing and conducting more effective school health education curricula is the objective of this compliation offered by the U.S. Department of Health and Human Services. An extensive search of information about operational classroom health education curricula and teaching/learning resources to enhance health education in school settings (Grades K-12) has resulted in 50 programs for model use, representing all regions of the U.S. Health curriculum projects on adolescent decision making, nutrition, heart health, sexuality, mental health, eye health and alcohol education--presented in a format of descriptors, goals, description, materials and implementation requirements, evaluation, funding, and contact are some of the topics covered in Section I. Section II deals with special resources supporting health curricula; these include American Red Cross programs, American Heart Association and the National 4-H Council. Resources offered in Section III include National Organization lists, Federal Clearinghouses and school health contact persons in public h ealth capacities.

0016
Connecticut nutrition curriculum, grades 1-8 /Connecticut Nutrition Education and Training Program. -.
Storrs, Conn. : Connecticut State Board of Education : University of Connecticut, 1984. Funding from the United States Department of Agriculture Food and Nutrition Service, Nutrition Education and Training Program. 1 v. (loose-leaf) : ill. ; 30 cm. Includes bibliographies. (NAL Call No.: DNAL TX364.C66).
Abstract: A complete nutrition education curriculum that uses a nutrient approach to teach elementary students was developed by the Connecticut Nutrition Education and Training Program. The curriculum consists of two series of lessons designed and adapted for three educational levels: grades 1 and 2, grades 3 and 4, and grades 5 and 6. Each series of lessons uses a team of cartoon characters to introduce basic nutrition concepts and explain the role that individual nutrients play in good health. Series I examines the functions and sources of calcium, vitamin A, and vitamin C; it also introduces the components of school lunch. Series II discusses the function and sources of iron, protein, and energy; it also addresses breakfast and snacking issues. Classroom learning activities (games, puzzles, tasting parties, puppets, stories, discussions) reinforce newly introduced concepts. Factsheets provide teachers with information about each nutrient. In addition, the guide includes suggestions for specific instructional objectives, lesson plan development and content, and learning activities and materials. Testing instruments, and instructions on how to administer and evaluate them, are provided for all threee educational levels. (aje)

0017
Cook and learn, pictorial single portion recipes : a child's cook book / Beverly Veitch and Thelma Harms.
Harms, Thelma. ; Veitch, Beverly. Menlo Park, Calif. Addison-Wesley Pub. Co. 1981. Accompanied by teacher's guide, Learning from cooking experiences (C-2245) and Selected recipe steps and newsletters (E-3556). (205) p. : ill. (NAL Call No.: TX652.5.H31 1981 F&N C-2244).
Abstract: Pictorial representations of single portion recipes can be enlarged and used in several formats (step-by-step, accordion, or easel) to

teach elementary school children the basics of cooking, new vocabulary, oral communication, and mathematical relationships. Extended experiences are suggested for cultural events, reading projects and tasting parties. Recipes cover all categories, from soup to dessert. Supplemental information includes buying sources, substitutions, cooking tools, metric conversions, sprout growing, andd food preservation by drying.

0018
Cooking with preschoolers : guidelines for organizing an educational cooking program for preschoolers / Contra Costa County Dept. of Health Services.
; Torbet, Helen R. Martinez, Calif. Contra Costa County Dept. of Health Services 1981. 69 leaves : ill. Includes bibliographies. (NAL Call No.: TX661.C62 F&N E-3782).
Abstract: Cooking activities for preschool children are provided for teachers. Five major sections provide guidelines for: planning cooking projects; organizing equipment and work space; conducting cooking activities; extending nutrition education into other learning areas; and parent involvement. Precooking activities include play dough, play clay and measuring. Recipes are separated according to those which require no heating, skillet only, or oven baking. Some recipes include supplemental nutrition information and discussion questions. Print material sources and an annotated list of books and pamphlets are included. (js)

0019
Creative food experiences for children / Mary T. Goodwin (and) Gerry Pollen.
Goodwin, Mary T. ; Pollen, Gerry. Washington, D.C. Center for Science in the Public Interest 1980. 256 p. : ill. Bibliography : p. 167-176. (NAL Call No.: TX361.C5G6 1980 F&N B-3025).
Abstract: Learning activities that provide opportunities for children to explore the world of food are presented for parents, teachers, and caregivers. Early interest and involvement in food selection and preparation are encouraged as a necessary step in the development of healthy, lifelong eating habits. Positive aspects of food education are discussed, including nutrition and safety awareness; development of social, language, and academic skills; and self-realization. Guidelines for creative food experiences are outlined, and a list of foods and utensils, a cooking glossary, and tips on how to measure are given. Fun activities introduce children to a variety of foods through the sensory experiences of food preparation, cooking, and eating. Activities for expanding the school nutrition curriculum are also described. Additional resource materials, lunch and snack ideas, and recipes are suggested. (nm)

0020
Creative nutrition education : an integrated approach : a recommended guide for Oklahoma elementary level / (prepared by Mary Jo Stewart, Louise Hankins, Joan Tressler.
Stewart, Mary Jo. ; Hankins, Louise. ; Tressler, Joan. (Oklahoma) Oklahoma State Dept. of Education 1981. NET funded ~"A project of Oklahoma State Department of Education, School Lunch Section, Nutrition Education & Training Program. ~Loose-leaf. 427 p. in various pagings : ill., music. ; 30 cm. Bibliography: p. L7, L13. (NAL Call No.: TX364.S76 F&N B-3197).
Abstract: The concepts of the Oklanoma nutrition education curriculum guide are based on those developed by the 1969 White House Conference on Food, Nutrition and Health. The scope section lists nutrition education activities designed to fulfull these concepts in 5 areas of interest: kindergarten through grade 3, and reading/language arts/art, science/math, social studies and health for grades 4-6. Each area contains specific objectives, activities and resources for each concept. Other sections provide background nutrition information, games, plays, songs, classroom food experiences, patterns, snack and party ideas, creative cafeteria suggestions, and learning center plans. The resource section lists audiovisuals, print resources, and sources of other nutrition information. (js)

0021
A Cross discipline approach to nutrition education : grade 3 teacher's handbook / developed by Rochester Public Schools.
(St. Paul, Minn.) Minnesota Dept. of Education (1980?). NET funded. 75 leaves : ill. ; 28 cm. (NAL Call No.: TX364.C78 F&N E-4115).
Abstract: Classroom activities for grade 3 integrate nutrition education into science, health and language arts. (Texts for grades 4 and 5 were not completed due to lack of funds). Computer software, available from the publisher is optional for the third grade materials. Third grade nutrition topics include energy, food functions in the body, snack and (especially) breakfast planning, food intake analysis and food research. Brief lesson plan directions, listed by curriculum area within a day's lesson, vocabulary lists, student handout and worksheet masters are included. Portions of Dairy Council's "Food, Your Choice" materials are included in instructional framework.

0022
A Cross discipline approach to nutrition education : grade 6 teacher's handbook / developed by Rochester Public Schools.
(St. Paul, Minn.) Minnesota Dept. of Education (1980?). NET funded. 125 leaves : ill. ; 28 cm. (NAL Call No.: TX364.C781 F&N E-4116).
Abstract: Classroom activities for grade 6 integrate nutrition education into science, health and language arts. (Texts for grades 4 and 5 were not

completed due to lack of funds). Computer software, available from the publisher is integral to the sixth grade units. Sixth grade topics cover energy balance, the Basic four, meal planning, snack selection and Basic Four food groups, meal planning, snack selection and meal composite analysis. Brief lesson plan directions, listed by curriculum area within a day's lesson, vocabulary lists, student handouts and worksheet masters are included. Portions of Dairy Council's "Food, Your Choice" materials are included in instructional framework. (js)

0023
Curriculum guide, an integrated inter-disciplinary approach for health, nutrition education, physical education, mental health, drug education, economics, safety /Caswell County Schools. -.
Yanceyville, N.C. : Caswell County Schools, Food Service Division , 1981. NET funded.~ "Developed to fulfill objective 1.1 Project TEEN.". 186 p. in various pagings ; 29 cm. Includes bibliographies. (NAL Call No.: DNAL FNC TX364.P767 F&N B-3494).
Abstract: A multi-grade curriculum guide provides an inter-disciplinary approach to health and nutrition education, physical education, mental heath, drug education, economics, and safety for school children from kindergarten through senior high school. The guide includes key concepts for each of 4 grade groups (kindergarten through grade 3; grades 4-6; grades 7-8; grades 9-12), and incorporates mathematics, science, language arts, and social studies. Various process skills (e.g.: for observing, classifying, computing, communicating, measuring, predicting, inferring, and interpreting have been included to expose students in each grade group to a variety of thinking and learning experiences. Teachers can select topical teaching strategies from the appropriate levels to meet the needs of individuals in the class. A listing of appropriate kits, games, cookbooks, Time-Life Series books, curriculum guides (and other teacher resource materials), texts, and audiovisual materials, is appended. (wz)

0024
Curriculum guide for grades 1-2.
San Jose, Calif. San Jose Unified School District 1981. NET funded ~At head of title: SJNEP, San Jose Nutrition Education Project. 228 leaves : ill. ; 28 cm. + 5 posters (46 x 36 cm.). -. (NAL Call No.: TX364.P563 F&N B-3460).
Abstract: Classroom activities in 4 units integrate student life experiences with major classroom subject areas. Unit I, "Nutrition Smart, Food Wise" contains 51 lessons which encourage the child to identify his/her own feelings about food and examine cultural, social and emotional attitudes toward food. The 18 lessons in "Type A Everyday" (Unit II), encourage consumption of healthful balanced meals at home and at school. Unit III recognizes "Kids As Consumers" with 12 lessons covering consumer practices, food processing and storage, advertising, and label reading. "Plants in the Making", Unit IV, provides 13 activities focusing on plant sources of food. Each activity is based on a lesson objective, lists time and materials required, provides teacher information and instructional aids (worksheets, handouts). Many lessons offer opportunities for food tasting and cooking. (js)

0025
A curriculum guide for nutrition education with pre-school children / prepared by Priscilla Naworski.
Naworski, Priscilla. (Vallejo, Calif.) Vallejo Unified School District (1979?). NET funded ~"Vallejo School District Dissemination Project. ~Cover title: Preschool nutrition curriculum guide ~Loose-leaf ~Bibliography: p. 270-274. 274 p. : ill. ; 30 cm. ~. (NAL Call No.: TX364.N393 F&N B-3200).
Abstract: A curriculum guide for children 2 to 5 years old contains teaching units similar to preschool themes: self concept, homes and families, animals, plants, community helpers, multi-cultural experiences and kindergarten readiness. The lesson plans are based on 5 California Health Instruction Framework topics (food choices, factors influencing choices, food related careers, consumer competencies and food handling). Each lesson plan has an objective stated in terms of learner performance, generalizations about the nutrition implications of the lesson, procedure (including a list of materials needed, related reinforcement activities and an evaluation question or technique). Supplemental materials include black and white posters (which may be purchased), a booklet of songs, fingerplays and stories, and a resource list of commercially available materials. (js)

0026
Curriculum guide for pre-school-kindergarten.
San Jose, Calif. San Jose Unified School District 1981. NET funded ~At head of title: SJNEP, San Jose Nutrition Education Project. 231 p. : ill. ; 28 cm. + 3 posters (46 x 36 cm.). -. (NAL Call No.: TX364.P562 F&N B-3342).
Abstract: Lesson plans within the integrated curriculum guide employ teacher and parent participation to teach basic facts and principles of nutrition, development of positive attitudes about food, and use of healthful dietary patterns. The curriculum consists of 3 units of classroom activities. "Nutrition Smart, Food Wise" is the first unit of 26 lessons which introduce the digestive system and the biological need for food. The lessons in unit II stress the importance of consuming a healthy breakfast and lunch either at home or at school. "Farm Fun", unit III (10 lessons), focuses on plant and animal sources of foods and the roles of farmer, store keeper and family members

in the availability of foods. Many lessons offer opportunities for taste testing and cooking projects. Each activity is based on the lesson objective and lists materials and time required, teacher information and instructional aids (worksheets, handouts, etc.). (js)

0027
Curriculum guides for grades 3-4.
San Jose, Calif. San Jose Unified School District 1981. NET funded -At head of title: SJNEP, San Jose Nutrition Education Project. xi, 278 leaves : ill. ; 29 cm. -. (NAL Call No.: TX364.P564 F&N B-3459).
Abstract: Classroom activities, divided into 4 integrated curriculum units, encourage nutrition study throughout the year to help children improve their food habits. Unit I, "Nutrition Smart, Food Wise" contains 70 lessons designed to encourage the child to identify his/her feelings and examine cultural, social and emotional attitudes toward food. The 13 lessons in "Type A Everyday", Unit II, allow children to learn about and practice planning balanced breakfasts and lunches. Unit III recognizes "Kids As Consumers" and provides 17 lessons covering advertising influences, label reading and identifying unnecessary highly processed foods. "Plants in the Making", Unit IV, provides 8 activities focusing on plant sources of food. Each activity is based on a lesson objective, lists time and materials required, provides teacher information and instructional aides (worksheets, handouts). Many lessons offer opportunities for food tasting and cooking projects. (js)

0028
Curriculum materials designed for elementary teachers.
(St. Paul, Minn. Minnesota State Dept. of Education 1981?). NET funded. 29, 24 leaves : ill. ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.N77872 F&N E-4179).
Abstract: Eleven primary and nine intermediate lesson plans focus on factors which influence personal food decisions. Primary lessons discuss: food in relation to the five senses; eating a well balanced breakfast; and the Basic Four. Intermediate sessions use detailed information on advertising, packaging, food labels and nutrients. Lesson plans, based on stated learner outcomes, provide background information, methods and materials needed for each activity as well as evaluation strategies. Student masters are included. (js)

0029
Curriculum materials designed for school nurses.
(St. Paul, Minn. Minnesota State Dept. of Education 1981?). NET funded. 70 leaves : ill. ; 30 cm. -. Bibliography: leaf 70. (NAL Call No.: TX364.N77875 F&N E-4182).
Abstract: A 12 lesson program for grades 3-6 emphasizes the contribution of proper nutrition and regular exercise to overall good health. Included are lessons focusing on snacks, factors influencing food choices, exercise, weight control and sugar limitation. Lesson plans, based on stated learner outcomes, provide teaching information, procedures for conducting activities, and list materials need. Multiple information and activity sheets are included. (js)

0030
The digestive system / Kathleen Elgin.
Elgin, Kathleen, 1923. New York Franklin Watts 1973. 72 p. : ill. -. (NAL Call No.: QP145.E4 F&N C-2237).
Abstract: Nutrients are essential to the body for building, maintaining and repairing its parts and systems, and the way in which they enter the body is through the digestive system, or alimentary canal. The many parts of this system include the mouth, pharynx, esophagus, stomach, small intestine (duodenum, jejunum, and ileum), large intestine (cecum, and ascending, transverse, descending and sigmoid colon), rectum, and anal canal. Descriptions of the functions of these organs are supplemented with explanation of other organs associated with the digestive process: pancreas, liver, and gall bladder, and the enzymes and digestive juices they contribute.

0031
Dos amigos = Two friends / Rosalie M. Aguilar.
Aguilar, Rosalie M. Mesa, Ariz. Mesa Community College 1978. 24 leaves : ill. (NAL Call No.: TX355.A6 F&N E-3545).
Abstract: In order to encourage the young Spanish speaking child to read, an illustrated food story brings together two strangers who become good friends. Teresita Tortilla and Pablo Pan come from different grain families but meet one day on the kitchen table. They learn all about each other and introduce their other food friends on the table, while discovering what each is used for.

0032
Early childhood nutrition program / J. Randell (and others).
Randell, Jill. ; Olson, Christine.; Morris, Linda. Ithaca, N.Y. Cornell University 1979. NET funded. (261) p : ill. (NAL Call No.: TX364.R35 F&N E-3375).
Abstract: A guide is provided for teachers to help children develop healthful food habits through food and nutrition activities. Resource materials and experiences are presented as a basis for flexible and creative application in the classroom. Guidelines for implementing a food and nutrition program cover selection of an activity, planning, organization, equipment, and evaluation. Four activity units are suggested that incorporate knowledge about foods, food preparation, nutrition, and food habits. Additional tools are recipes, songs about food, stories, and puppet shows. A major section on resources provides information about cookooks, food-related

books, curricula, audiovisual aids, and other materials. Additional reference information is included in an appendix.

0033
Eclipse of the blue moon foods, a guide to teaching food education / Nance Pettit (and) Ellen Weiss.
Pettit, Nance. ; Weiss, Ellen.
Nashville, Tenn. Cooperative Food Education Project 1979. Includes student workbook. (153) p. : ill. Bibliography: p. 111-114. (NAL Call No.: TX364.P47 1979 F&N E-3585).
Abstract: A food education curriculum encourages 5th and 6th graders to improve their diets by "eclipsing" poor food choices ("Blue Moon Foods") such as soft drinks, candy and snacks high in sugar, fat and salt with "Foundation Foods" including fruits and vegetables, whole grains, legumes, lean meats and dairy products. Today's children are exposed to so many processed and prepared foods that they often cannot identify fresh foods high in nutritive value. Therefore, instead of taking an academic approach to food groups and nutrients, children must become actively involved in exploring foods using all of their senses. In this way, youngsters will develop responsibility for their own food habits. The curriculum reflects USDA-HEW Dietary Guidelines and presents practical skills for food preparation, menu planning, gardening, label reading and energy saving. Activities are creative and fun and may be incorporated into other school disciplines.

0034
Educators' challenge--healthy mothers, healthy babies a framework for curriculum development in responsible childbearing, pre-school through high school /compiled and written by Dorothy Dolph Zeyen. -.
Zeyen, Dorothy Dolph. Alexandria, Va. : Association for Supervision and Curriculum Development ; White Plains, N.Y. : March of Dimes Birth Defects Foundation, c1981. "Cooperative project developed by the Association for Supervision and Curriculum Development through a grant from the March of Dimes Birth Defects Foundation.". 64 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: DNAL RG973.Z49).
Abstract: A framework for development of curriculum in 4 areas that affect decisions about responsible childbearing is offered in this guide. It is intended for use by educators of children preschool through high school and by agencies involved in health and parent education. Concepts, goals, focuses, and points of information are centered around nutrition, environment, genetics, and human growth and development. Suggestions for developing these concepts are aimed at 5 educational levels: preschool/kindergarten, primary, elementary, middle school/junior high, and senior high. This framework is offered based on the importance of providing skills and knowledge to help prospective parents make informed decisions about the conditions under which to have and care for as healthy a child as possible. (as)

0035
Energize at sunrise : a nutrition education unit / from Kellogg's.
(Battle Creek, Mich.) Kellogg's c1977. Cover title -Includes 18 spirit masters. 8, 4 p., (18) leaves of plates : ill. ; 28 cm. + 1 col. poster. (NAL Call No.: TX733.E48 F&N E-4209).
Abstract: A nutrition education program is presented for students in grades 1-6 to assist them in: identifying the 4 food groups, explaining the importance of nutrition to good health, describing the make-up and importance of a good breakfast, and understanding the 6 kinds of nutrients (carbohydrates, proteins, fats, water, vitamins, minerals). Included in the program kit are spirit duplicating masters (for non-readers, for grades 1-3, 4-6, and 1-6), a 4-color transparency illustrating the 4 basic food groups, and a teacher's guide with numerous optional nutrition-related activities. The program is based on the importance of a good breakfast in the daily diet; the implicit theme is that a child expresses his or her choices and attitudes concerning food, and then compares these preferences with sound nutritional patterns. (wz)

0036
EnerGy thRu nUtritive Basics / California Nutrition Education & Training Program.
Rowland Heights, Calif. Rowland Unified School District 1979. NET funded. 4 v. (loose-leaf) : ill. ; 30 cm. (NAL Call No.: TX364.E57 F&N B-3318/21).
Abstract: A multidisciplinary approach to nutrition education, correlated with the food service program includes curriculum/activity guides for grades K-8, high school home economics and vocational food service classes. Lessons are designed to meet minimum proficiencies of the California Nutrition Education Program. Topic areas for all grade levels are: food choices, food related careers, consumer competencies, and food handling/protection. Each lesson plan outlines the minimum proficiency level activity, the lesson content, student activity sheets for reinforcement or evaluation, learning experiences and related activities. A Unit Resource list suggests appropriate audiovisuals and games. (js)

0037
Establishing nutritious food practices in early childhood : final report, USDA-FNS-59-3198-9-70, September, 1979-September, 1981 / submitted by Molly C. Gorelick and E. Audrey Clark.
Gorelick, Molly C. ; Clark, E. Audrey.& Good nutrition, try it, you'll like it. Northridge, Calif. California State University, Northridge, Home Economics Dept. 1981. Final report of Good nutrition try it, you'll like it project (Kit TX364.G696 F&N AV). x, 233 p. ; 28 cm. Bibliography: p. 115-116. (NAL Call No.: TX364.G6962 F&N E-3928).

Abstract: A comprehensive nutrition education program provides material for direct services to preschool children (age 3-5), in-service training for early childhood staff, materials to use with all target populations, and extension of knowledge to families and communities. Prototype lessons are geared to the cognitive, affective, and action learning patterns of the preschool child. The lessons are arranged in a series of single concepts rather than sequenced in order of difficulty. In-service training emphasized recognizing and applying the Dietary Guidelines for Americans and understanding the concept of nutrient density. Program materials are in a kit called "Good Nutrition: Try it you'll like it" which contains guides, audiovisuals, and a recipe book. (kbc)

0038
Evaluation handbook for supervisors adult evaluation instruments and student evaluation instruments K-6 /Division of Child Nutrition. -.
Raleigh, N.C. : N.C. Dept. of Public Instruction, 1981. NET funded. 53 p. : ill. ; 28 cm. (NAL Call No.: DNAL FNC TX364.E87 1981 F&N E-4049).
Abstract: Evaluation instruments, designed to assess aspects of the nutrition education training program, are provided for adults and students K-6th grade. Instruments for adults include those: to evaluate training, to survey nutrition attitudes, to survey training needs and to test nutrition knowledge. Student evaluation instruments include nutrition knowledge tests for grades 3,4,5 and 6 and nutrition attitude/behavior tests for grades K-2, 3-4 and 5-6. (emc)

0039
Exploring foods with young children : a recipe for nutrition education.
Tallahassee, Fla. State of Florida, Dept. of Education 1977. Adapted from "The Peripatetic Nutritionist, a Description of Nutrition Education Activities in the Philadelphia Day Care Program," July 1974, funded by the U.S. Dept. of Agriculture ~NET funded. ii, 44 p. ; 22 x 28 cm. Bibliography: p. 41-44. (NAL Call No.: TX364.E95 C-2398).
Abstract: A guide for preschool and early elementary classroom teachers integrates nutrition education into individual curriculum areas. The program's goal is to teach children, at a young age, how to select nutritious foods for a well balanced diet. Appropriate activities are provided for 6 subject and developmental areas: motor skills development, communication, arithmetic, science, social interaction, music, dramatics, and art. Brief objectives, procedures, materials and vocabulary words are listed for each activity. Other activities designed to stimulate parent interest in nutrition education also are provided. Evaluation methods outline observable behaviors associated with learning and practicing good nutrition. Appendices provide a 24-hour food record form, a listing of the US Dietary Goals and recommended food habits derived from the Goals, snack choices, and community program resources. Additional classroom resources include lists of suggested books for children, and films and filmstrips.

0040
Exploring foods workbook / (developed and tested by Nutrition Services, Preventive Medicine Administration; in cooperation with the Health Education Center, Maryland Department of Health and Mental Hygiene).
(Baltimore, Md.) Maryland Dept. of Health and Mental Hygiene 1981. NET funded. 63 p. : ill. ; 28 cm. (NAL Call No.: TX364.E96 F&N E-3987).
Abstract: Learning activities for children age 2-5 involve all five senses in the exploration of 22 different foods divided into 8 sections: underground vegetables, stem vegetables, leaf vegetables, flowers, seed vegetables, fruits, milk and dairy products, and eggs. Activities are designed to teach children the names of specific foods, their sources and how to recognize them in various forms. Each secton lists different foods which can be used in the activity, interesting facts about the foods and suggested ways to introduce the children to them.

0041
Flannelboard stories, puppet stories.
(Rowland Heights, Calif.) Rowland Unified School District (1981?). Cover title ~NET funded. 60 leaves : ill. : 28 cm. (NAL Call No.: TX364.F54 F&N E-4121).
Abstract: Scripts and simple black and white patterns for flannelboard or puppet stories cover the following topics: mealtime manners, dental health, the farmer, the food truck driver, the storekeeper, family members and food, food customs, balanced diet, and healthy snacks. Discussion questions are included at the end of some stories. (js)

0042
Florida nutrition education : a basic skills approach : intermediate level A / (developed by Rebecca M. Estep and Jodee L. Dorsey).
Estep, Rebecca M. ; Dorsey, Jodee L. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Grade level 4 ~Includes nutrition test booklet. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (7 leaves). (NAL Call No.: TX364.F554 F&N E-3980).
Abstract: A set of 5 lessons/activities, designed to teach nutrition while reinforcing reading and writing skills of fourth grade students, focuses on digestion--the process, organs involved, nutrient absorption and common health problems related to the digestive tract. Each lesson is based on selected nutrition concepts, states the purpose and/or expected student outcomes and includes pertinent background information, a list of materials and resources needed and a step-by-step

description of how to conduct each activity. A 30-question multiple choice nutrition posttest is included for cognitive evaluation. (js)

0043
Florida nutrition education : a basic skills approach: intermediate level B / (developed by Deborah O. Harrington, Susan B. Hemphill and Jodee L. Dorsey).
Harrington, Deborah O. ; Hemphill, Susan B.; Dorsey, Jodee L. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Grade level 5 ~Includes nutrition test booklet. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (8 leaves). (NAL Call No.: TX364.F555 F&N E-3952).
Abstract: A set of 8 lessons/activities, designed to teach nutrition while reinforcing basic skills (primarily reading, but also math and writing) of children in grade 5 focuses on nutrient needs, vitamin A, vitamin D, minerals, iron, nutritional labeling and "junk foods." Each lesson is based on selected nutrition concepts, states the purpose and/or expected student outcomes and includes pertinent background information, a list of materials and resources needed, and a step-by-step description of how to conduct each activity. A 34 question multiple choice nutrition test for cognitive learning evaluation is provided. (js)

0044
Florida nutrition education : a basic skills approach: intermediate level C / (developed by Amanda M. Timberlake, Janet L. Davinroy and Jodee L. Dorsey).
Timberlake, Amanda M. ; Davinroy, Janet L.; Dorsey, Jodee L. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Grade level 6 ~Includes nutrition test booklet. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (9 leaves). (NAL Call No.: TX364.F556 F&N E-3954).
Abstract: The curriculum is part of a sequential series based on the content identified in the Florida Nutrition Content Framework and Minimum Students Performance Standards for basic skills. Nine activities are designed to teach nutrition while reinforcing basic skill subject areas (reading, math) of 6th grade students. Nutrition concept topic areas include energy balance, calorie content of foods, calorie needs, and body image. Each activity provides pertinent background information, student handouts and worksheets, a list of materials and resources needed, and step-by-step description of how to conduct the session. A 40 question multiple choice nutrition posttest is included for cognitive evaluation. (js)

0045
Florida nutrition education : a basic skills approach: kindergarten / (developed by Ann H. Atkinson and Jodee L. Dorsey).
; Dorsey, Jodee L. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Includes nutrition test booklet. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (9 leaves). (NAL Call No.: TX364.F55 F&N E-3959).
Abstract: A set of 10 activities is designed to teach nutrition while reinforcing developing attitudes and behaviors toward primary basic skills in reading, writing and math. Nutrition concept topics include distinction between food and non-food items, food and its relation to growth, water (its function and sources), fruits/vegetables, familiar plant and animal food sources, and preparation for a shared meal. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, and provides brief background materials for the teacher, a list of materials and resources needed and a step-by-step description of how to conduct each activity. Student handout/worksheet masters and answer keys are provided. A 25 item nutrition (picture) test is included. (js)

0046
Florida nutrition education : a basic skills approach: primary level A / (developed by Rebecca M. Estep and Jodee L. Dorsey).
Estep, Rebecca M. ; Dorsey, Jodee L. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Grade level 1 ~Includes nutrition test booklet. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (9 leaves). (NAL Call No.: TX364.F551 F&N E-3953).
Abstract: A set of 6 activities is designed to teach nutrition while reinforcing reading and math for children in Grade 1. Topic areas include vitamin C (sources, functions and food preparation), and identification and classification of plant and animal sources of food. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, provides brief background material for the teacher, a list of materials and resources needed and a step-by-step description of how to conduct each activity. A 25-item nutrition (picture) test is included. (js)

0047
Florida nutrition education: a basic skills approach: primary level B / (developed by Susan B. Hemphill, Deborah O. Harrington and Jodee L. Dorsey).
Hemphill, Susan B. ; Harrington, Deborah O.; Dorsey, Jodee L.; Florida.; Dept. of Education. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Grade level 2 ~Includes nutrition test booklet. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (5 leaves). (NAL Call No.: TX364.F552 F&N E-3956).
Abstract: A set of eight activities is designed to teach nutrition while reinforcing reading and writing skills for second grade children. Nutrition topics include sources and functions of calcium and vitamin C, Basic Four food groups, nutritious snacks, food handling, preparation and purchasing. Each lesson is based on a selected

nutrition concept; states a purpose and/or expected student outcome; and provides brief background material for the teacher, a list of materials and resources needed and a step-by-step description of how to conduct each activity. Student handout/worksheet masters are included. A 24 question multiple choice nutrition test is provided for cognitive evaluation. (js)

0048
Florida nutrition education : a basic skills approach: primary level C / (developed by Deborah D. Harrington, Susan B. Hemphill and Jodee L. Dorsey).
Harrington, Deborah D. ; Hemphill, Susan B.; Dorsey, Jodee L. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Grade level 3 ~Includes nutrition test booklet. 1 v. (various pagings) : ill. ; 28 cm. + 1 test booklet (6 leaves). (NAL Call No.: TX364.F553 F&N E-3957).
Abstract: A set of ten activities is designed to teach nutrition while reinforcing basic skills in reading, writing, and math. Nutrition topics include: energy yielding nutrients, energy requirements, nutrient functions and sources, food spoilage, and eating behaviors. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, provides brief background materials for the teacher, and a list of materials and resources needed, and gives step-by-step descriptions of how to conduct each activity. Student handout/worksheet masters and answer keys are included. A 29 question multiple choice test is provided for cognitive evaluation of students. (js)

0049
Florida nutrition education : a basic skills approach: schoolwide activities / (developed by Eileen K. Bush, Amanda M. Timberlake and Jodee L. Dorsey).
Bush, Eileen K. ; Timberlake, Amanda M.; Dorsey, Jodee L.& Schoolwide activities. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~Cover title ~Grade level K-6. 1 v. (various pagings) : ill. ; 28 cm. (NAL Call No.: TX364.F557 F&N E-3949).
Abstract: A collection of 14 activities involves the entire elementary school, parents, and community members in the introduction and/or reinforcement of a variety of food and nutrition skills utilizing the cafeteria and food service manager as learning resources. Activities include: studies of food and customs of 4 countries, Alaska, Hawaii, and the American pioneers; gardening and nutrition fair projects; a "vegetable parade" play; a bulletin board contest; a newsletter; cookbook; and a plate waste survey. (js)

0050
Food adventures for children / Dee Anne S. Vonde and Jo Beck.
Vonde, Dee Anne S. ; Beck, Jo. Redondo Beach, Calif. Plycon Press 1980. Includes index. 94 p. : ill. (NAL Call No.: TX661.V6 F&N E-3626).
Abstract: Information about learning activities for young children to explore foods and develop an interest in nutrition is presented for parents and teachers. Through an emphasis on positive reinforcement and personal interaction, children will enjoy preparing and eating nutritious food. Guidelines are suggested to help teachers plan successful learning environments. These guidelines include discussion of developmental sensorimotor skills of children aged 2 1/2-5. Food experiences cover cooking safety, basic and advanced cooking, and special holiday ideas. Nutritious snacks and lunch menus are listed in an appendix. (nm)

0051
Food and nutrition in the classroom : a guide for planning preschool nutrition education activities.
Olympia, Wash. State of Washington, Dept. of Social and Health Sciences, Health Sciences Division, Licensing and Development Section (1980?). NET funded. 9 (i.e. 18) p. ; 28 cm. Bibliography: p. (17-18). (NAL Call No.: TX364.F594 F&N E-4104).
Abstract: A planning guide includes criteria for choosing and planning nutrition education activities, a nutrition activity planning sheet which allows space for description of objectives, ingredients, and equipment needed, tasks (pre- and during activity) and questions for evaluation. Hints for organizing a successful cooking experience include those which streamline procedures and those which maximize the students' learning. Six lesson plans are offered which teach nutrition and increase children's interest in food without food preparation. Two additional lesson plans help children explore cultural food patterns and traditions. A reference list is included. (js)

0052
Food encyclopedia.
(St. Paul, Minn. Minnesota Dept. of Education 1980?). NET funded ~Appropriate for elementary grades K-6. 59 modules in 2 v. : ill. ; 28 cm. (NAL Call No.: TX355.F59 F&N B-3373-74).
Abstract: Fifty-nine individual booklets, printed on heavy white stock, provide descriptive, historical and nutritional information and folklore about a specific food or food group. Recipes are also included in some booklets. (js)

0053
Food for thought : a sample curriculum infusion guide for nutrition education grades K-12 / Amy Ribble-Modjeski (and) Virginia McRae.
; Ribble-Modjeski, Amy.; McRae, Virginia. San Antonio, Tex. Education Service Center 1979. NET funded. 2 pts. : ill. Includes bibliographies. (NAL Call No.: TX364.F653 F&N B-3044/5).
Abstract: A sequential, comprehensive set of nutrition education materials is based on the 7 concepts of nutrition

education developed at the 1969 White House Conference on Foods, Nutrition and Health. Learner outcomes, which clarify each concept, are listed for grades K-12. Forty complete units are provided and may be utilized by teachers with little or no previous training in nutrition. Each unit indicates the appropriate academic subject area, concepts and outcomes fulfilled and contains teaching materials, learner activities for one or more days, student worksheets, examinations and answer keys, and evaluation strategies. (js)

0054
Food for thought : food for understanding = Alimentos para pensar : alementos para comprender / (illustrated by Elizabeth Quilan ; written by Joyce Forbes ... et al.).
; Forbes, Joyce.& Food for understanding.; Alimentos para pensar.; Alimentos para comprender. Chelsea, Mass. A Kangaroo's Pouch c1981. NET funded. (31) p. : ill. ; 18 x 22 cm. Includes bibliographical references. (NAL Call No.: TX364.F6375 F&N C-2456). Abstract: A booklet for preschool teachers, foodservice personnel, and parents, with opposing pages in Spanish, describes a preschool nutrition curriculum with a multi-cultural approach. Tried sensitive activities and practices which teach nutrition concepts and wholesome attitudes toward food are described. These practices include structuring the mealtime environment, holiday observances, use of other resources in the child care center, suggested field trips, and multi-ethnic menus. (js)

0055
Fresh fruits and vegetables : the fun ones / United Fresh Fruit and Vegetable Association.
Alexandria, Va. United Fresh Fruit and Vegetable Association 1980. 1 v. : ill. (NAL Call No.: TX397.F73 F&N E-3563). Abstract: Learning activities which relate nutrition, health, food choice and consumer economics to language and conceptual skills focus on personal tastes and values for students in grades 4-6. Program objectives include increasing awareness of the relationship of nutrition to good health, encouraging exploration of a greater variety of fruits and vegetables, and developing skills in study comprehension and decision making. The spirit-master activity sheets cover food choices, nutrient needs, advantages of eating fresh fruit and vegetables, modern farming, shopping, food storage, serving ideas, ethnic foods, menu planning, treats, and food preferences.

0056
Good food for pre-schoolers recipe cards / developed by: Arline Edmonds ... et al. ; graphics and illustrations by Penny Guerin . -.
; Edmonds, Arline. Storrs, Conn. : CNETP, c1985. Cover title.- "... funding from the United States Department of Agriculture, Food and Nutrition Service, Nutriton Education and Training Program, Public Law 95-166."--T.p. verso. 9 leaves : ill. ; 22 x 28 cm. (NAL Call No.: DNAL TX361.C5G6). Abstract: Designed to creatively present good food to pre-schoolers, this compliation of recipe cards combines nutritious food with fun activities. Pears, apples, tofu, bananas, cheese, and squash are transformed into boats, mice, faces, candles and other items children delight in. Appropiate rhymes are included. (jdb)

0057
Good nutrition, it's your choice : an adventure in nutrition with Ted, Fred, Norma, and Jerri : teacher's edition / Baltimore County Public Schools.
Towson, Md. The Schools 1979. NET funded. vi, 117 p. : ill. ; 28 cm. (NAL Call No.: TX364.G682 F&N E-4096). Abstract: A supplementary primary reading packet provides 10 sequential stories that encourage good nutrition habits. Stories 1 through 5 deal with food groups, stories 6 through 10 focus on awareness of advertising, label reading, menu reading, food preparation and handling, cooking safety and sanitation, meal time atmosphere and willingness to try new foods. Each story unit contains follow-up questions, a pupil resource sheet and activities which may involve food service personnel and parents. (js)

0058
A guide to nutrition education : grades 6-8 / Seminole County Schools.
Sanford, Fla. School Board of Seminole County (1980). NET funded. 32 leaves : 22 x 28 cm. Bibliography: leaves 29-32. (NAL Call No.: TX364.G857 F&N E-3930). Abstract: A curriculum guide for grades 6-8 uses an interdisciplinary approach to nutrition education invovling classroom teachers, food service personnel and school nurses. It provides the basis for a comprehensive and sequential program for all 3 grade levels. Learning activities are grouped according to 6 separate concepts: food handling, nutrition, body systems, food consumption, consumer education and nutrition and society. Within each concept are listed the student objectives, suggested learning activities, appropriate resources and evaluation activities. A resource guide is included which lists available AV materials and a brief bibliography of print materials used in the lessons. (js)

0059
A Guide to nutrition education K-5 / Seminole County Schools.
(Sanford, Fla.) Seminole County Schools (1980). NET funded. 85 leaves : ill. ; 29 cm. Bibliography: leaves 84-85. (NAL Call No.: TX364.G856 F&N E-3936). A flow chart identifies nutrition education objectives in Grades K-5 for each of 6 concepts: food handling, nutrition, nutrient allowances, body systems, food consumption, and problems and technology (not included in K-1

curriculum plans). Lesson plans are provided according to grade level--one page for each of the concepts. Each page lists the student objective, 1 to 5 learning activities, resources and materials needed and a suggested evaluation activity. Resource and materials section and evaluation section recommend activities and worksheets found in the Dairy Council's "Food ... Your Choice" kits. (js)

0060
Health, focus on you /by Linda Brower Meeks, Philip Heit. -.
Meeks, Linda Brower. ; Heit, Philip. Columbus, Ohio : Charles E. Merrill, c1982. Includes bibliographies. v. ill. ; 25 cm. (NAL Call No.: DNAL FNC RA440.M37 F&N B-3944/45/46/47/48).
Abstract: A health curriculum in 5 volumes focuses on a wide variety of health-related concepts for children from elementary school through high school. Each volume addresses topics appropriate to the age of the students, covering 108 topics overall (19-25 per volume). The topics are arranged under a number of general categories, some of which are similar for each volume, including personality, mental health maintenance, and getting along with others; body systems, growth, and taking care of your body; physical health maintenance and exercise; the affect of drugs; selecting healthy foods; diseases and disorders; available health services; consumerism; and pollution and environmental protection. Color illustrations are provided throughout the texts, and a summary and exercises for the students are provided at the end of each of the 108 topic chapters. An alphabetized glossary of terms is appended to each volume. (wz)

0061
Health Instruction framework for California public schools : preschool through young adult years / Curriculum Framework Criteria Committee on Health.
(Sacramento) California Dept. of Education 1978. 72 p. Bibliography: p. 68-69. (NAL Call No.: RA440.C3 F&N E-3609).
Abstract: A curriculum framework providing guidelines for health instruction in the California public school system focuses on the student's development of self-awareness, ability to make decisions, and health action. The framework represents a plan within which local districts can develop courses of study in health education, and from which health instructional materials may be selected. It also provides a basis for developing inservice training programs in health education. The role of health instruction in the curriculum and the relation of health to other academic subject areas are explored. Goals and a philosophy of health education are defined. These content areas of health instruction are presented: personal, family, mental, emotional, consumer, community, and environmental health; nutrition; use and abuse of substances; diseases and disorders; and accident prevention and emergency health services. Within each area, concepts and objectives for 5 developmental levels of students (preschool, early childhood, preadolescent, adolescent, and young adult) are outlined.

0062
Healthworks : a health and nutrition curriculum.
(Sudbury, Mass.) Sudbury Public Schools (1981?). NET funded. 422 p. : ill. ; 30 cm. (NAL Call No.: RA440.5.H43 F&N B-3398).
Abstract: A health and nutrition curriculum for kindergarten through fourth grade children integrates participatory activities and explores health and nutrition issues within basic subject areas of language arts, math, social science, and science. Designated concepts are highlighted at each grade level and are sequential. All units provide suggested activities, notes and additional resources, supplementary nutrition information, and worksheets. (js)

0063
The heart connection : a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple.
Dawson, Hannelore. ; Marple, Sylvia. Durham, N.H. Nutrition at Work 1981. NET funded. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX364.D393 F&N E-3973).
Abstract: The activity packet is designed to stimulate interest and total school involvement, in a program showing the connection between a healthy heart, diet and physical activity based on the National Dietary Goals. Included is a specialty menu (reduced fat, calories, salt, increased fiber), quantity recipes for its preparation, decorating suggestions, seven task cards, classroom activity ideas, a parent letter describing the child's participation and objectives of the program and a brief resource list. Task cards may be used at several grade levels by individuals or groups and consist of projects such as an aerobic exercise contract, evaluating the type and amount of fat in the diet, label reading for sodium and carbohydrate content and adapting the present diet to conform to the Dietary Goals. (js)

0064
Hollywood creature feature : a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple, Anne Wetherell.
Dawson, Hannelore. ; Marple, Sylvia.; Wetherell, Ann. Durham, N.H. Nutrition at Work 1980. NET funded. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX364.D394 F&N E-3971).
Abstract: Variety in food selection is the emphasis of the Creature Feature specialty menu and nutrition education packet for elementary schools. Classroom activities and task cards offer students the opportunity to integrate nutrition

learning with other academic activities. A brief resource list is included. A specialty menu, 100 portion recipes, production notes and cafeteria decorating ideas are provided for food service personnel. The letter to parents encourages them to help their children choose foods from the Basic Four food groups and provides a nutritious beverage and snack recipe. (js)

0065
How to avoid eat it, it's good for you : a parent's handbook of nutrition awareness and activities for pre-schoolers / developed by Madalaine K. Pugliese; illustrated by Gerilynn B. Shapiro.
Pugliese, Madalaine K. ; Shapiro, Gerilynn B. (Boston, Mass. Simmons College 1980?). NET funded. 25 leaves : ill. ; 28 cm. Bibliography: leaf 24. (NAL Call No.: TX364.P845 F&N E-4014).
Abstract: A parent's handbook compliments concepts and activities in "Nutrition and All That Jazz". Rationale for early childhood nutrition education, nutrition and consumer product information, learning activities, snack suggestions, resource materials and recipes are included. Some activities are identical to those in the teacher's handbook. The booklet is printed in English, Spanish and Chinese. (js)

0066
How to cover nutrition with NET bookcovers.
(New Jersey distributed thru your local Educational Improvement Center 1980?). NET funded. (4) p. : ill. ; 28 cm. + 2 folded posters (43 x 56 cm. folded to 28 x 22 cm.). (NAL Call No.: TX364.H645 F&N E-4041).
Abstract: Bookcovers feature foods from 5 food groups. Foods are drawn in black ink and may be colored. An accompanying folder suggests nutrition education activities for elementary and secondary students using the bookcovers. (js)

0067
How your body uses food / by Albert Piltz ; transcribed in English braille by Kyle Winston Sherrill.
Piltz, Albert. Baltimore, Md. Baltimore Braille Association 1981, c1960. Originally published: Chicago : National Dairy Council, 1960 -"Booklet B007-21. -FNIC has print ed. LB1587.N8N3 F&N E-1202. 50 leaves of braille : braille ill. ; 29 x 30 cm. (NAL Call No.: TX355.P53 1981 F&N B-3511).
Abstract: This booklet in braille addresses 10 to 12 year-olds in the second person in order to personalize the basic nutrition information presented. It answers the question, "what are you", on various levels, beginning with the molecular and moving up to the organic, pointing out the uses and needs for food at each level. The last chapter tells about the foods the astronauts eat and about the research being performed to discover ways of feeding future space travelers on longer voyages.

0068
The hungry world / Elaine Israel.
Israel, Elaine. New York Julian Messner 1977. Includes index. 64 p. : ill. (NAL Call No.: HD9000.5.I82 F&N C-2268).
Abstract: In an effort to help children understand the world food problem, photographs and descriptions depict malnourished people, antiquated farming methods, worn out croplands and working medical teams. The underlying causes of hunger are explained, as well as the programs designed to alleviate it and the associated problems. The Green Revolution, which resulted from research by Dr. Norman Borlaug on new types of high-yielding wheat, corn, and rice, has done much to increase food production in many parts of the world, but further efforts are needed to find new food sources, such as fish or kelp farms.

0069
Idea book for nutrition education, preschool-grade 3 / Indiana Dept. of Public Instruction.
(Indianapolis) Indiana Dept. of Public Instruction 1981. 59 p. Bibliography: p. 57-59. (NAL Call No.: TX364.I3 F&N E-3713).
Abstract: Child-centered activities, designed to incorporate nutrition education into the existing curriculum for primary grades are described. Food and nutrition projects reinforce language and math development, social studies, science, and art. Seasonal activities coincide with and complement holiday themes. Food week ideas suggest activities related to specific food groups: fruits, vegetables, dairy products, meat, bread and cereal. Snack ideas, a resource list with addresses and prices of materials recommended in the text, and an annotated list of films and videotapes available through the Indiana Dept. of Public Instruction also are given. (js)

0070
Integrated nutrition education and training, ages 3-8 / Illinois State Board of Education.
; Sims, Millie. Springfield Illinois State Board of Education (1980?). NET funded. 81 p. : ill. (NAL Call No.: TX364.I55 F&N E-3596).
Abstract: Teachers of preschool and the lower elementary grades will find basic nutrition information and ideas for its incorporation into classroom studies in a curriculum guide revolving around the basic 4 food groups. The learning activities are primarily cooking projects, but they are related to reading, writing, verbalization, and arithmetic skills. Suggestions are included for introducing related topics, such as telling time, sanitation, and careers. The recipes are color coded in 4 sections, with supplementary information on nutrition, preparation, parent involvement activities, and curriculum integration ideas.

0071
Integrated nutrition education and training, ages 9-12 / Illinois State Board of Education.
Springfield Illinois State Board of Education (1980?). NET funded. 65 p. : ill. (NAL Call No.: TX364.I56 F&N E-3597).
Abstract: Ways of integrating nutrition concepts into math, social studies, language arts and science activities in the intermediate grades are presented in a teacher's curriculum guide. Basic nutrition information includes discussions of the dietary guidelines, the five food groups, important nutrient sources and functions, and the Recommended Dietary Allowances. Instructions for each classroom activity include the time and materials needed, the objectives of the activity, methods of accomplishing the objectives, and suggestions for further discussion. Learning reinforcement is fostered through games and worksheets.

0072
Introducing nutrition.
; Saskatchewan.; Health Promotion Branch. Regina, Sask. Saskatchewan Health Promotion 1981. Resource books from kindergarten thru division I, year III. 4 v. : ill. ; 28 cm. Includes bibliographical references. (NAL Call No.: TX364.I57 1981 F&N E-4257--E-4260).
Abstract: Five concepts used to teach nutrition (in conjunction with health) to Canadian children are presented for kindergarten (K) through Division I (Grades 1-3). Concepts are taught by use of learning objectives which increase in difficulty by grade level. The format also consists of a pre-test, post-test, teacher notes, resource materials, discussion ideas, suggested activities, and supplementary sheets. The book is designed for teachers who do not have extensive nutrition knowledge. (kbc)

0073
Iowa nutriphonics final report, section 18, grant agreement no. 59-3198-9-71 /submitted by Eleanor Hunsley, coordinator, NETP. -.
Hunsley, Eleanor. Des Moines, Iowa? : Child Nutrition Programs Division, Iowa Dept. of Public Instruction?, 1982. "February 22, 1982.". 1 v. (various pagings) : ill., forms ; 29 cm. Bibliography: leaf 15. (NAL Call No.: DNAL TX364.H8).
Abstract: The development of educational packages to teach nutrition concepts to preschool children, and accompanying evaluation instruments, are described for an ongoing project called Iowa Nutriphonics, sponsored by the Child Nutrition Programs Division of the Iowa Department of Public Instruction. Educational materials were developed by the Southwest Iowa Learning Resource Center in response to a nutrition education needs assessment survey conducted in child day care centers in Iowa. Topics include food shopping, sources of food, food and dental health, what do you eat, senses, eating out, breakfasts, snacks, sandwiches, juices, milk, meats, vegetables, candy and gum. Concepts were incorporated into stories "told" to the children by puppets. Educational packages alos included "talk-with-me" books, "show-me" books, and an activity folio. A user's manual provides guidance for maximum utilization of the program. Food choice behavior evaluation instruments (i.e. The Free Choice Snack, The Picture Potluck) were developed. Educational packages and testing instruments were field tested in ten day care centers in Iowa. Specific components of Nutriphonics that are described include: 1) project background and previous progress, 2) administration of the project contract, 3) goals and objectives, 4) development of teaching packages and evaluation instruments, and 5) field testing of the packages and testing instruments. Appendices present the contract proposal, staff assignments and credentials, package concepts, instrument development procedures, final testing instruments and evaluation summary. (aje)

0074
Junk food--what it is, what it does / Judith S. Seixas ; illustrated by Tom Huffman.
Seixas, Judith S. ; Huffman, Tom. New York Greenwillow Books c1984. 47 p. : ill. ; 22 cm. -. (NAL Call No.: TX370.S4 1984 F&N C-2691).
Abstract: A primer for youngsters illustrates the heath pitfalls and nutritional shortcomings of excessive junk food consumption. Junk food is food that, while possibly attractive and appetizing, is high in calories and low in nutrients. Such foods often provide exessive intakes of sugar, fat, salt, and chemical additives. Nutritious snacks and junk food snacks are contrasted calorically and nutritionally, and basic information on the foods the body needs and how they make the body function normally is briefly discussed. A junk food quiz is included. (wz)

0075
Kid tested menus with kitchen and lunchroom techniques for day care centers /by Gene E. Deacon. -.
Deacon, Gene E. North Wilkesboro, N.C. : Gold Crest Publishing, 1981. iv, 93 p. ; 22 cm. (NAL Call No.: DNAL FNC TX931.D4 F&N C-2772).
Abstract: This monograph is designed to aid day care operators to plan menus to meet the nutrition needs of children 1 to 14 years. Each menu item was selected and "kid tested" for "kid appeal." Recipe selection criteria includes ease of preparation and cost control. Suggestions are given for combining classroom and lunchroom activities. Recipes to guide 40 portions are classified as main courses and go-togethers, vegetables and salads, desserts and snacks. The final chapter is devoted to general information useful to the cook: ladle/scoop sizes, measuring equivalents, can sizes and yields and sample menus. (emc)

0076
Kids in the kitchen yummy recipes, nutritious, fun foods for home and school; specially designed for young cooks /developed and compiled by Nellie Edge ; lettered and illustrated by Pierr M. Leitz. -.
Edge, Nellie. ; Leitz, Pierr M. Port Angeles, Wash. : Peninsula, c1975. Formerly published under title: Kindergarten cooks.~ Includes index. 167 p. : ill. ; 28 cm. (NAL Call No.: DNAL jTX652.5.E3).
Abstract: Children can learn in so many areas from cooking: increased vocabulary, math skills, food science and chemistry, improved muscle control and coordination, and reading skills. This cookbook is intended for teachers and parents to use with children. Recipes are included for no-bake goodies, baked products, fruits and vegetables, and other fun foods. Every step in each recipe is illustrated, and the entire book is hand-lettered. (as)

0077
Las tres comidas del dia = The three meals of the day / Niltza M. Olais.
Olais, Niltza M. Mesa, Ariz. Mesa Community College 1978. 12 leaves : ill. (NAL Call No.: TX355.04 F&N E-3535).
Abstract: A Spanish poem provides the text for this illustrated chilren's story designed to help the Spanish speaking child learn how to read. The story concerns the foods that the boy, Panchito, eats for the 3 meals of the day. There is orange and apple juice, eggs, sausage, grapes, bananas, and toast with butter and jam for dessert. For lunch Panchito has salads, tacos and enchiladas. At dinner, a hungry Panchito eats fruit, cantaloupe, watermelon, tortillas, beans, tostadas, and taquitos.

0078
Learning experiences in nutrition / Milpitas Unified School District, Nutrition Education Project.
Milpitas, Calif. The District c1979. NET funded. 4 v. (loose-leaf) : ill. ; 30 cm. (NAL Call No.: TX364.L45 F&N B-3375-78).
Abstract: A 4 volume nutrition education package provides classroom student learning activities, supplemental experiences, staff inservice materials, and parent learning and involvement programs. The curriculum series provides experiential nutrition education lesson plans for elementary students focusing on : the basic four food groups, healthy snacking, food attitudes and habits. Each lesson plan indicates the topic, activity, grade level, approximate length of session, appropriate group size, performance objectives, and suggested follow-up activities. Worksheets, answer keys and patterns are included. "Multicultural Experiences in Nutrition" emphasizes crops and foods of worldwide cultural groups. The staff inservice curriculum provides workshops which introduce the curricula, introduce, and update basic nutrition knowledge. The parent education module provides one hour lessons based on concepts included in the school curricula. (js)

0079
Learning from cooking experiences / by Thelma Harms.
Harms, Thelma. Menlo Park, Calif. Addison-Wesley Pub. Co. 1981. A Teacher's guide to accompany Cook and learn (C-2244) ~Includes index to recipes. 62 p. : ill. Bibliography: p. 51-62. (NAL Call No.: TX652.5.H32 1981 F&N C-2245).
Abstract: Cooking as a learning activity is presented for teaching nutrition concepts, cultural differences, language skills, health and safety practices, and mathematical relationships; teacher preparation is very important in maximizing these learning possibilities. Directions on the use of pictorial, sequential, single portion recipes encourage an organizational process which includes space, time, cost, materials, tools, and safety precautions. Suggestions are included for extended learning projects such as camping at school, growing sprouts, and for involving parents.

0080
Let's cook at Holmes target nutrition, nutrition education tactics /created and prepared by Angela Lattuca Croce, Patricia Hope ; recipe tested by the students of Holmes Elementary School. -.
Croce, Angela Lattuca. ; Hope, Patricia. San Diego, Calif. : San Diego City Schools, 1980. NET funded.~ "Publication no. I-B-80-20."~ "Grades Pre-K-6.". iii, 28 p. : ill. ; 28 cm. (NAL Call No.: DNAL FNC TX364.C748 F&N E-4469).
Abstract: A recipe book presents ideas to teach individualized cooking experiences in the pre-K-6 classroom. Twenty-two recipes were prepared and tested at Holmes Elementary School. The recipes, which are designed to teach both cooking and reading skills, contain a number of 1-step sentences. Line drawings illustrate recipe ingredients and what is to be done with them (e.g., whole and sliced tomatoes are shown together). The instructions can be used with or without the illustrations. Activity guides with nutrition lessons for specific grade levels have been designed to accompany the recipes. (kbc)

0081
Let's taste fruits and vegetables : the ABC's of using fruits and vegetables as an integrated part of early childhood curriculum / prepared by Priscilla Naworski.
Naworski, Priscilla. (Vallejo, Calif.) Vallejo Unified School District (1978?). NET funded ~"Vallejo School District Dissemination Project. ~Loose-leaf. 55 p., (48) leaves : ill. ; 30 cm. ~. Includes bibliographies. (NAL Call No.: TX364.N394 F&N B-3201).
Abstract: A collection of activities, developed to encourage preschool children to identify, handle, and taste fruits and vegetables, provides historical background, nutritional

information, stories, activities, and other suggested resources. Activities may be integrated into art, science, story time, language time, or music studies. Coloring sheets with a drawing of each item includes nutrition information for parents. "Munch Bunch" stickers are provided to reward children who taste new vegetables or fruits. (js)

0082
Library lunch : a specialty menu with nutrition education materials / developed by Hannelore Dawson, Sylvia Marple.
Dawson, Hannelore. ; Marple, Sylvia. Durham, N.H. Nutrition at Work 1981. NET funded. 1 portfolio with enclosures : ill. ; 30 cm. (NAL Call No.: TX364.D395 F&N E-3972).
Abstract: The activity packet includes a school lunch specialty menu, recipes, individual or group task cards, classroom and cafeteria activities and supportive materials designed to encourage students to use a variety of reading materials to learn about food and nutrition. Task cards, to be used in any sequence by individuals or groups, provide activities which encourage increased food awareness, deal with attitudes about food and teach nutrition facts. Each suggests at least one fiction or non-fiction book to read and a follow-up discussion or activity. (js)

0083
Little chef / by Theresa Wong, Rozane Moon (and) Cheerfield Wong.
Wong, Theresa. ; Moon, Rozane; Wong, Cheerfield. San Francisco Chinatown Community Childrens Center 1980. 83 l. : ill. (NAL Call No.: TX652.5.W6 F&N B-2977).
Abstract: Food preparation and cooking experiences for small groups of preschool children supplement nutrition knowledge and encourage wise food choices, social interaction, language arts skills, motor development and safe food handling. Ten recipes provide individual step-by-step direction cards with simple illustrations. (js)

0084
Living & teaching nutrition : inservice training guide/training module for child care staff and parents / editors, Elaine Casserly McLaughlin, Nancy Goldsmith, Peter Pizzolongo.
; McLaughlin, Elaine Casserly.; Goldsmith, Nancy.; Pizzolongo, Peter. College Park, Md. Head Start and Resource Training Center, University of Maryland, University College 1983. NET funded ~"University of Maryland University College Conferences & Institutes Program.". 1 v. (various pagings) : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.L54 1983 F&N E-4261).
Abstract: Nine sessions of a workshop training guide on nutritional aspects of child care are outlined. Session topics include: dietary guidelines for Americans; US food attitudes and habits; choosing nutritious foods economically; fresh fruits and vegetables; excess sugar and dental caries; planning menus and snacks; family-style eating; and cooking experiences; and nutrition activities for young children. The 9 sessions present basic nutrition facts through background information, activities, and supplemental materials (e.g., audiovisuals). Numerous flipcharts and handout masters assist in providing nutrition education to both operating staff of child care centers and parents. (wz)

0085
Make it, eat it : you are what you eat.
(Columbus, Ohio) Ohio Dept. of Education, Nutrition Education and Training Program (1982). NET funded ~"Being revised 6/82.". 4 leaves : ill. ; 28 cm. (NAL Call No.: TX652.5.M29 F&N E-4047).
Abstract: Ideas drawn from children's cookbooks describe edible creations (i.e., face sandwiches, walking salads, animal shapes) using primarily fruits and vegetables. Food-related science experiments explore taste, and smell and illustrate evaporation and osmosis. (js)

0086
More than mud pies a nutrition education curriculum for 3 to 5 year olds in day care centers and preschools /Mile High Child Care Association and the Colorado Child Care Coalition ; written by Sallie C. Ruhnka ; illustrated by Judith A. Herde ; produced by CGE Services, Inc.
-.
Ruhnka, Sallie C. ; Herde, Judith A. Denver : Colorado Department of Education, 1980. NET funded. iv, 105 p. : ill. ; 28 cm. Bibliography: p. 103-105. (NAL Call No.: DNAL FNC TX364.R78 F&N E-4470).
Abstract: A curriculum guide for preschool and day care center staff provides guidelines for teaching nutrition principles to preschool children. A total of 52 lessons (usually each is on a single page) are divided into seasons, months, and weeks, allowing the teaching staff to start at any point in the yearly calendar. The lessons are preceeded by 5 preliminary lessons: personal cleanliness and health, 4 basic food groups, measuring methods, kitchen safety, and reading a recipe. Each lesson includes an objective, a suggestion for parent involvement, and directions for the activities. Nutrition information, recipes and games are given thoughout the guide. Data on nutrition needs of preschoolers, USDA child care food program nutrition requirements, a sample child care program menu, and cooking skills and abilities of preschoolers grouped by age, are appended. (wz)

0087
The mustard seed : a nutrition education curriculum guide for preschoolers and kindergarteners / by Theresa Wong, Rozane Moon (and) Cheerfield Wong.
Wong, Theresa. ; Moon, Rozane; Wong, Cheerfield. (San Francisco) Chinatown Community Children's Center 1980. Sections of text in Chinese ~NET funded.

206 l. : ill. Includes bibliographies. (NAL Call No.: TX364.W63 1980 F&N E-3717).
Abstract: A nutrition education curriculum guide, for children 3-5 years of age, is divided into seven color coded categories: creative activities, flannel graph stories, games, puppet shows, cooking activities, songs and resource lists. Activities are designed to meet the 12 nutrition objectives of the California State Department of Education; may be implemented over a one to two year period; and reinforce skills in 8 learning areas: motor development, social development, language arts, science, health and safety, music, mathematics and art. Each activity lists an objective, optimal group size, time and materials required, procedure and suggested enrichment activities. Patterns for games and activities are printed on heavy duty paper. (js)

0088
My activity book on fruits of the Virgin Islands / writer Ruth Moolenaar; produced by Project Introspection, Division of Curriculum & Instruction.
Moolenaar, Ruth. (Charlotte Amalie, St. Thomas, V.I.) Dept of Education 1980. NET funded -Prepared for pupils of grades K-2. 22 p. : ill. ; 28 cm. (NAL Call No.: TX558.F7M66 F&N E-4109).
Abstract: A coloring book illustrates and provides information on fruits indigenous to the Virgin Islands. The first half describes the types of fruits, where they are grown, and their availability. The second half of the booklet provides descriptive riddles about the fruits and space for the child to draw and color the item. (js)

0089
The N.E.W. rainbow of resources book / the Nutrition Education Workgroup, Hampshire Educational Collaborative.
Northampton, Mass. The Collaborative (1980?). NET funded -Companion to The N.E.W. blue book on nutrition activities (TX364.N397 F&N E-3989). 25 leaves : ill. ; 28 cm. Bibliography: leaves (1)-4.Filmography: leaves 5-9. (NAL Call No.: Z5814.F7N2 F&N E-4015).
Abstract: A nutrition resource guide provides an annotated list of books and films, names and addresses of resource peole in Massachusetts, resource centers, booklets and kits, posters and field trip possibilities. It is suggested as a companion to the N.E.W. Blue Book of Nutrition Activities and may by used by teachers, students, foodservice personnel and community members. (js)

0090
The New blue book on nutrition activities.
Northampton, Mass. Hampton Educational Collaborative (1980?). NET funded -Companion to The N.E.W. rainbow of resources book (Z5814.F7N2 F&N E-4015). 65 leaves : ill. ; 28 cm. (NAL Call No.: TX364.N397 F&N E-3989).
Abstract: Activities and lesson plans developed by teachers of the Nutrition Education Workgroup (N.E.W.) for grades 2 through 12 relate nutrition education to current curriculum subjects. Format and content of lesson/outlines vary. Sample classroom materials (handouts, tests, worksheets) are provided. The N.E.W. Rainbow of Resources Book may be used as a companion to this activity book. (js)

0091
Nurition education, grades K-3 / A. Bedworth.
; Bedworth, Albert E. Albany, N.Y. State Education Dept. 1979. 62 p. -. Bibliography: p. 48-57. (NAL Call No.: TX364.N45 F&N C-2043).
Abstract: Teachers of kindergarten through third grade can use this guide to develop curricula at the school district level and to prepare daily lesson plans for nutrition education. Broad nutritional topics are divided into subtopics and have terminal and enabling objectives. Each topic has learner activities to help students achieve enabling objectives, and teacher information on how to conduct the activities. Key concepts, grade placement evaluation, and suggestions for learner comprehension evaluation are included. Topics cover sources and uses of food, eating pattern influences, and food advertising. Teaching aids and nutrient values of some foods are also given.

0092
Nurture / Nancy Nikkel ... (et al.).
; Nikkel, Nancy.& Nutrition Understanding Received Through Updated Resourceful Education. Bakersfield, Calif. Bakersfield College 1981. NET funded. (3) v. Includes bibliographies. (NAL Call No.: TX364.N882 F&N B-3041-3).
Abstract: A 3 volume set provides nutrition education lesson plans for cognitive, affective and psychomotor learning of preschool children. Lessons are sequential and encourage rational food choices which will promote lifelong good health and well being. Forty-five lessons, based on concepts of the California State Health Framework are divided into 12 basic preschool topics: animals, Basic Four, careers, colors and shapes, communication, family, health and safety, people of the world, seasons, senses, snacks, and special occasions. Each lesson consist of a motivational opener (song, story, poem, etc.), class activity, supplemental teacher information, evaluation, vocabulary words and enrichment activities. The activity guide provides additional resources divided according to games, recipes, songs, stories and patterns. The parent guide provides adult group activity--lesson plans covering nutrition, food preparation, food sanitation and consumer education. Worksheets, recipes, game descriptions and supplemental information sheets accompany lessons. (js)

0093
Nutrition activities in Spanish / Commonwealth of Puerto Rico, Department of Education, Office of School Lunchroom Division. Spanish.
Hato Rey, P.R. Commonwealth of Puerto Rico, Dept. of Education, Office of School Lunchroom Division (1981?). Text in Spanish ~Includes rebus, crossword and word search puzzles ~NET funded. (8) leaves : ill. ; 28 cm. (NAL Call No.: TX364.N773 F&N E-4061).
Abstract: Nutrition activities in Spanish include a rebus, crossword and word search puzzles.

0094
Nutrition adventures for kids in Kansas : grades K-3 / (Susan Davis ... et al.).
; Davis, Susan. (Manhattan, Kan.) Kansas State University, Dept. of Foods and Nutrition, College of Home Economics (1981?). NET funded ~"A series of four action-packed nutrition activity folders.". 4 folded sheets (4 p.) ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.N775 F&N E-4421).
Abstract: Four nutrition activity folders each deal with a separate topic: breakfast, dental health, snacks, or growth and energy. Within each folder is the rationale for the topic (brief background information), two major concepts and four or more objectives on which the suggested activities are based. Activities consist of food preparation, demonstration, discussion or songs and may be reinforced by discussion questions following each activity. The back page of each folder lists additional resouces; nutrition curricula and textbooks for elementary teachers and nutrition and cook books to emphasize the topic. (js)

0095
Nutrition and all that jazz : a nutrition handbook for preschool teachers / developed by Madalaine K. Pugliese; edited and illustrated by Gerilynn B. Shapiro.
Pugliese, Madalaine K. ; Shapiro, Gerilynn B. (Boston, Mass. Simmons College 1980?). NET funded. (41) leaves : ill. ; 28 cm. Bibliography: leaves (40-41). (NAL Call No.: TX364.P846 F&N E-4007).
Abstract: A handbook for preschool teachers explains the necessity for early childhood nutrition education and provides activities in the following content areas: Science, Language Arts/Reading Readiness, Mathematics, Social Studies and Art. Lesson plans list applicable concepts or topics for discussion, suggested activities, some background nutrition information, and enrichment activities. Suggestions for field trips, tasting parties and parent involvement also are provided. A resource list includes both Spanish and English materials. (js)

0096
Nutrition and fitness for outdoor education / developed by Independent School District No 279, Osseo, Minnesota; in cooperation with the staff and facilities of Elm Creek Park Reserve.
(St. Paul, Minn. Minnesota State Dept. of Education 1980.). NET funded. 124 leaves : ill. ; 28 cm. + 9 mounted photos (12 x 18 cm.) in pocket. (NAL Call No.: TX361.A8N79 F&N B-3405).
Abstract: Seven lesson plans and accompanying videotapes guide students in developing skills for outdoor living and integrate nutrition into physical education, science and health. Unit lessons and classroom activities culminate in a day trip of hiking at a nature center. Each lesson plan describes objectives and videotape content and provides informational handouts, activity/worksheets and pre- and post-telecast teaching suggestions. Lesson topics include: wild edibles, packing a pack, hypothermia (survival skills), nutrition and fitness for outdoor recreation, and firebuilding and safety instructions. Nine mounted color photographs are included which identify some edible and poisonous plants. (js)

0097
Nutrition and science, an integrated curriculum for grades K-6 / Lynette Karls and S. Jane Voichick.
Karls, Lynette. ; Voichick, S. Jane. Madison Wisconsin Dept. of Public Instruction (1977). NET funded. 205 leaves. Bibliography: leaves 190-205. (NAL Call No.: TX364.K34 F&N B-2786).
Abstract: Good eating habits must be formed early if youngsters are to develop positive attitudes about food and its relationship to good health. With this as its goal, a curriculum guide provides teachers with a coordinated plan for integrating nutrition education into the elementary science curriculum. The first part of the manual reviews concepts and objectives of the science curriculum currently taught in Wisconsin elementary schools. These are divided by subject area: Earth Science, Physical Science and 4 topics in Life Science (Anatomy and Physiology, Botany, Ecology and Zoology). An integrated nutrition and science curriculum follows. Units suggest nutrition objectives and activities to be used whenever selected science concepts or objectivss are taught. These are listed for each grade level, K-6. Appendices provide additional nutrition information and resources for teachers.

0098
Nutrition and you : a nutrition education program for children in the primary grades / developed by Kenneth W. Radigan ... (et al.).
; Radigan, Kenneth W. Santa Monica, Calif. CBS Educational Publishing distributed by BFA c1979. 3 v. : ill. ; 28 cm. (NAL Call No.: TX364.N7768 1979 F&N E-4294--E-4296).
Abstract: Teacher's annotated nutrition

education manuals for grades 1, 2, and 3 each contain at least 28 lesson plans. (Students have accompanying workbooks). Lessons for succeeding grade levels increase in sophistication and content difficulty. Each lesson plan introduces, reinforces and reviews a subject; provides behavioral objectives; lists materials needed and describes the procedure (how the teacher should present the information plus a correct worksheet for ease in verifying answers). Nutrition fact sheets are included in the addenda. (kbc)

0099
Nutrition and you : a nutrition education program for children in the primary grades / developed by Kenneth W. Radigan ... (et al.).
; Radigan, Kenneth W. Santa Monica, Calif. CBS Educational Publishing distributed by BFA c1979. 3 v. : ill. ; 28 cm. (NAL Call No.: TX364.N7767 1979 F&N E-4297--E-4299).
Abstract: A series of 3 nutrition education workbooks designed for elementary students in primary grades are presented. (A teacher's series accompanies and provides instructions). The workbooks contain puzzles, word games, riddles, fill-in the blanks, which can be completed by the students and colored-in at the same time. Each book is more sophisticated. The focus is on school lunch, eating nutritious foods, making proper food choices, and how foods provide health and fitness. Key nutrient characters from FDA's film on nutrition labeling are incorporated into the workbook. (kbc)

0100
Nutrition and you in a month or two : an activities book for grades K-4 / developed by the staff of the Plains School.
Northampton, Mass Hampshire Educational Cooperative (1981?). NET funded. 48 leaves : ill. (some col.) ; 22 x 28 cm. -. Bibliography: leaves 43-47. (NAL Call No : TX364.N777 F&N E-4009).
Abstract: School staff members organized and developed existing materials and resources into month long nutrition education units for grades K-4. Activities were designed in accordance with the US Dietary Guidelines and stress 4 themes: importance of a good breakfast, healthy snacks and snacking, dental health through good nutrition, and the school lunch program. Kindergarten activities center on food tasting experiences and include rhymes, stories, procedures for activities and related curriculum-based activities. Grade 1-3 activities integrate nutrition studies into basic curricula and grade 4 lesson plans and student activities are planned around the Mulligan Stew program of films. Additional resources are listed for each grade level. (js)

0101
Nutrition education : lessons & activities / Florida State University.
(Tallahassee, Fla.) The University 1980. NET funded. 1 v. (loose-leaf) : ill. ; 30 cm. (NAL Call No.: TX364.N79 1980 F&N B-3393).
Abstract: A draft of Florida's "Basic Skills Approach" nutrition education curriculum includes learning activities designed to teach nutrition while reinforcing basic skill subject areas for grades K-6. Divided according to grade level, each unit consists of a list of resources needed for each activity (instructional aids, food items or equipment), at least five classroom activities each indicating the concept to be taught, behavioral objectives, brief background material, and procedures for activities. An additional section provides material, schoolwide projects which involve the community and parents in student nutrition education. These activities include: ethnic food tasting, gardening, a bulletin board contest, newsletter and plate waste survey. (js)

0102
Nutrition education and training curriculum materials / State Board of Education, Illinois Office of Education.
Springfield, Ill. Dept. of LEA Services 1979. NET funded. 31 p. ; 28 cm. (NAL Call No.: Z5814.F7N88 E-3845).
Abstract: Nutrition education resource materials are listed according to the type of material available. Audiovisuals (movies, filmstrips and videotapes), published text materials on health/nutrition and curriculum guides are listed, each with a description of the target audience grade level, the source, price and description of contents. Author, publisher and price information are provided for sections on teacher reference books and cookbooks, and journals in nutrition education. Addresses for sources of free and inexpensive materials as well as teacher-created materials and games also are given. (js)

0103
Nutrition education and training program. -.
Benicia, Calif. : Benicia Unified School District, c1980. "California Nutrition Education & Training Program."= "Benicia Nutrition Education and Training Program." -- p. 1. 1 v. (various pagings) : ill. ; 30 cm. Includes bibliographies and indexes. (NAL Call No.: DNAL TX364.N8).
Abstract: Extensive information and guidelines about nutrition education are presented in this set of manuals. This nutrition education program was developed by the Benicia Unified School District of Benicia, California. The program is designed to increase nutrition knowledge, develop positive food habits, and encourage nutritious food selections. This set of manuals includes: a coordinator's component; parent component; teacher manual; and curriculum guides for first through

third grade, fourth through sixth grade, and kindergarden. Diagrams, exercises, and sample charts are included. (wp)

0104
Nutrition education, choose well, be well : a curriculum guide for preschool and kindergarten.
Sacramento, Calif. California State Dept. of Education 1982. NET funded. 198 p. in various pagings : ill. ; 28 cm. (NAL Call No.: TX364.C473 F&N E-3490).
Abstract: A curriculum guide for preschool and kindergarten teaches children by using positive daily lunchroom experiences. These are reinforced by appropriate classroom activities. The value of a nutritionally adequate diet is presented. The curriculum is divided into 2 chapters. Chapter 1 introduces the reader to the curriculum, and examines its goals and organization. Instructions on use are provided. The role of nutrition education and its relationship to health are explained. Parent, community, and foodservice involvement, and teaching strategies are discussed. Chapter 2 contains 17 lessons. These lessons are designed to help students learn to make nutrition-related decisions. Procedures and necessary instructional materials for each lesson activity are provided, along with an objective, and some key facts. Six appendices are included, which cover such topics as proficiency levels for nutrition education, classroom food experiences, holiday foods, contact people and foodservice directors, and student materials which contain worksheets, puzzles, and games. (kbc)

0105
Nutrition education, choose well, be well : a curriculum guide for the primary grades.
Sacramento California State Dept. of Education 1982. NET funded. 260 p. in various pagings : ill. ; 28 cm. (NAL Call No.: TX364.C474 F&N B-3407).
Abstract: Nutrition education lesson plans for the Choose Well Be Well series are provided by grade level as resources for teachers' and other nutrition educators helping students obtain knowledge and skills needed to make wise food choices contributing to overall health and well being. Three types of lessons are provided: information acquisition, open ended discussion and values awareness. Each provides a detailed description of the procedure and a list of required instructional materials. Designed to help students attain California's Minimum Proficiency Levels for Nutrition Education, lessons and activity sheets may be used in their entirety or selectively to blend with ongoing curriculum or student needs. Handout, worksheet and game board masters are included. (js)

0106
Nutrition education, choose well, be well : a curriculum guide for the upper elementary grades.
Sacramento California State Dept. of Education 1982. NET funded. 231 p. in various pagings : ill. ; 28 cm. (NAL Call No.: TX364.C475 F&N B-3406).
Abstract: Nutrition education lesson plans for the Choose Well Be Well series are provided by grade level as resources for teachers' and other nutrition educators helping students obtain knowledge and skills needed to make wise food choices contributing to overall health and well being. Three types of lessons are provided: information acquisition, open ended discussion and values awareness. Each provides a detailed description of the procedure and a list of required instructional materials. Designed to help students attain California's Minimum Proficiency Levels for Nutrition Education, lessons and activity sections may be used in their entirety or selectively to blend with ongoing curriculum or student needs. Handout, worksheet and game board masters are included. (js)

0107
Nutrition education curriculum /Arkansas Department of Education. -.
Little Rock, Ark. : The Dept., 1980? -1983. Cover title.- Funding provided by USDA, CNP, NET, Section 227.37(b)(3) PL 95-166. 4 v. : ill. ; 29 cm. Includes bibliographies. (NAL Call No.: DNAL LB1587.N8A7).
Abstract: A four volume nutrition education curriculum (K-Grade 3) designed and developed by the Arkansas Department of Education to assist teachers to facilitate nutrition education activities within existing subject areas of instruction. Curriculum units have been designed for easy interpretation and utilization for teachers with or without previous training. The framework of all 4 sections is derived from 6 major concepts with expected outcomes. These concepts are: 1) food is essential for all living things, 2) nutrition is the food you eat and how the body uses it, 3) food is made up of different nutrients, 4) all persons throughout life need the same nutrients but in different amounts, 5) food production and sanitation affects food quality and 6) eating is a behavioral activity which affect individuals socially, emotionally and physiologically. For each concept, a sub-concept, learner outcome, behavioral objective and measurement are identified. Learning activities, teacher, resources, supplementary materials and a selected bibliography is included for each grade level. (apl)

0108
Nutrition education for retarded children : a program for teachers / Virginia Stewart Johnson...(et al).
; Johnson, Virginia Stewart. Memphis University of Tennessee 1980. 183 p. : ill. Bibliography: p. 26-27. (NAL Call No.: TX364.N864 F&N E-3599).

Abstract: A project to demonstrate the feasibility and usefulness of teaching nutrition to normal kindergarten students and mild to moderately retarded elementary students resulted in a fully developed nutrition curriculum. Its objectives include improvement of childrens' knowledge, awareness, and skills; reinforcement of learning through use of the school lunch program; provision of nutrition information to parents; and the training of nutrition students in special education techniques. The curriculum includes background information and a literature review, general and special teaching techniques, an overview of the pilot project, and a teacher's guide. Concepts, goals, and objectives are delineated for the basic 4 food groups, with suggested dialogues, procedures, materials, activities, and evaluation techniques. Pre- and post-testing consist of picture identification.

0109
Nutrition education for school lunch managers / Vicki Graf.
Graf, Vicki. Boise, Id. Nutrition Education and School Food Services, Boise Independent School District 1980. NET funded. viii, 96, (2) p. : ill. ; 29 cm. Bibliography: p. (97-98). (NAL Call No.: TX364.G71 F&N E-4010).
Abstract: Lesson plans for grade levels K through 6 (designed to be taught by the school lunch manager and teacher) teach children good eating habits and how to incorporate them into their lifestyles with an emphasis on the nutritious aspects of the school lunch program. Lessons are color coded according to grade level to correspond to the Boise curriculum guide. The lessons may be used as a complete experience, as an introduction to an aspect of nutrition or as a follow-up to other instruction. Each lesson is divided into 2 sections: part I, for the school lunch manager, provides background information and methods for presenting material; part II offers the teacher background and follow-up materials, handouts, worksheets and recipes. An annotated list of films appropriate to each lesson plan is included. (js)

0110
Nutrition education for young children strategies and activities /Carole B. Whitener, Marie H. Keeling ; illustrations by Jean Bowman. -.
Whitener, Carole B. ; Keeling, Marie H. Englewood Cliffs, N.J. : Prentice-Hall, c1984. "A Spectrum book."~ Includes index. vii, 198 p. : ill. ; 25 cm. Bibliography: p. 189- 193 . (NAL Call No.. DNAL FNC TX364.W493 F&N E-4563).
Abstract: Suggestions that caregivers in programs that serve young children can use to promote positive nutritional habits and attitudes combine nutritional theory with practical activities. Activities emphasize participation and integration of nutrition education with other curriculum goals. Initial chapters cover planning and preparing meals, and background information in feeding infants, toddlers, and preschool children. Subsequent chapters cover preparing foods with young children and recipes and cooking activities that integrate many areas of early childhood education. Final chapters discuss the caregiver's partnership with parents, and examples of controversial nutrition policy and information problems likely to be encountered in child care programs. Each chapter begins by identifying the learning objectives for that chapter, and most chapters end with a list of review activities. A bibliography and index are included. (ch)

0111
Nutrition education manual designed for use by principals, teachers and school food service managers / VPISU.
Blacksburg VPISU 1979. (339) p. : ill. Bibliography: p. 325-336. (NAL Call No.: TX364.V52 F&N B-2611).
Abstract: A manual to guide the teaching of nutrition education courses in schools through grade 6 provides information on the major food groups, vitamins and minerals, trace elements, and other important nutrients. Six workshop exercises are included, dealing with nutrition and health, nutrition education techniques, energy and activity patterns, food habits, food fads, and school food service management. The final section is a teaching manual based on the concepts of the White House Conference on Food, Nutrition and Health. Each lesson plan is based on one of the seven nutrition concepts, and includes behavioral objectives, learning activities, exercises, readings, reference information, and visual aids. A glossary and a list of children's books on nutrition also are included.

0112
Nutrition education, manual for teachers / Albert E. Bedworth.
; Bedworth, Albert E. Albany, N.Y. State Education Dept. 1979. 115 p. -. (NAL Call No.: TX364.N44 F&N E-3317).
Abstract: Nutrition information and guidance to facilitate the learning experience are provided in a teachers' manual for nutrition education designed to be used with companion curriculum guides. Teachers of primary, intermediate, junior, and senior high school students are presented with an overview of nutrition education, goals to achieve, and concepts that students should develop. Information on food habits, nutrition's link to health, food's relationship to human development, diets, nutrition and reproduction, nutrition problems and policies, and nutrition betterment programs is presented. A list of source materials and teaching aids, common misconceptions about food, and a summary of U.S. dietary goals are included.

0113
Nutrition education resource manual / The Maryland School for the Blind, Nutrition Education and Training Project.
Baltimore, Md. Maryland School for the Blind 1981. NET funded -"September 1981.". 1 v. (various pagings) : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.N794 F&N B-3659).
Abstract: A resource manual designed to provide a sequenced and comprehensive nutrition education program for blind students, to help assess and develop independent living skills, and to help prepare blind students to work in food and nutrition related areas is presented. There are 8 color coded chapters that each discuss a specific subject (e.g., food awareness, factors affecting food choices) plus a resource chapter. Each chapter contains suggested areas in which to integrate the subject matter (e.g., language arts), the concept, objectives, suggested activities, evaluation, and resources. (kbc)

0114
Nutrition education supplement to textbooks (NEST).
Raleigh, N.C. Nutrition Education Training Program, Division of Child Nutrition, North Carolina Dept. of Public Instruction 1980. NET funded. 1 v. (loose-leaf) : 28 cm. (NAL Call No.: TX364.N8647 F&N B-3360).
Abstract: Nutrition education lessons and activities for grade levels K-6 comply with North Carolina's Competency Goals and Performance Indicators and help achieve the learning goals in state adopted textbooks. NEST provides references for integrating nutrition education into the existing curriculum throughout the school year. Concepts and topics presented at each grade level provide a sequential process of nutrition education. Student objectives for each concept are provided for the cognitive, affective, and psychomotor domain. Thirty-three lecturettes on selected nutrition topics provide summaries of the most important ideas to convey about a nutrition topic. Learning strategies based on these concepts include stories, songs, games, and other activities which may include community resources. Involvement of school food service personnel and parents is encouraged through the learning strategies. Educational media recommended for use with each concept are listed. (js)

0115
Nutrition education teaching guide for middle school science teachers, or the Absolutely last word in nutrition education handbook.
Leonardtown, Md. St. Mary's County Public Schools 1982. NET funded. 121 p. in various pagings : ill. ; 28 cm. (NAL Call No.: TX364.N796 F&N E-3946).
Abstract: Developed by teachers, food service personnel and the NET facilitator, the teaching guide outlines activities designed to meet Project Basic and health education nutrition objectives for 6th and 7th grade science. The first of 6 sections contains suggested activities (films, worksheets, games, projects) fulfilling each of the 8 objectives listed. The remaining sections are supplemental appendices providing background information, annotated lists of resources and student handouts, worksheets and lessons to be used in conjunction with activities in the guide. (js)

0116
Nutrition education through puppetry : kit of follow-up activities for grades K-6 / created by Harlane Radler for Lifeways, consultation, coordination advocacy for well-being.
Radler, Harlane. Northampton, Mass. Health Promotion Resource Center for Western Massachusetts (1980?). NET funded. 19, 7 leaves : ill. ; 28 cm. (NAL Call No.: TX364.R27 F&N E-4008).
Abstract: A booklet for teachers of grades K-6 offers nutrition-related puppet skit ideas, step-by-step instructions for making simple puppets and stages from recyclable materials, and suggestions for bringing puppets to life through movement and voice. Activities may be conducted by a teacher with a class or by older students developing a learning activity for younger children. Supplemental materials include other creative follow-up activities, basic nutrition information, a snack checklist, suggested snacks and a puppet show script. (js)

0117
Nutrition education through the arts: a series of ten plays designed to teach children aged 4-8 all about food and it's (sic) relationship to good health / Karen DeMauro ... (et al.).
; DeMauro, Karen. Providence Rhode Island Dept. of Education 1980. NET funded. 97 leaves. (NAL Call No.: TX364.N867 F&N E-3657).
Abstract: A series of 10 plays has been developed to teach basic nutrition concepts to children aged 4-8; the children learn good eating habits and attitudes through the positive and enjoyable medium of dramatic art. The first 9 plays are scripted for 2 main characters with a supporting cast of children. The final play is in a game show format (based on 3 TV shows) with the children as contestants; it reviews the concepts and music presented in the previous plays while allowing spontaneous participation by the children. (cj)

0118
Nutrition education through the arts: teacher materials for a series of ten plays designed to teach children aged 4-8 all about food and it's (sic) relationship to good health / Anita B. Lasswell.
; Lasswell, Anita B. Providence Rhode Island Dept. of Education 1980. Includes Parent involvement sheets p. (55-64)-NET funded. (64) p. : ill. -. Includes

bibliographies. (NAL Call No.: TX364.N868 F&N E-3667).
Abstract: Background information on 10 nutrition plays and related activities are provided for teachers of children in the 4-8 age group. A story line is described for each play and the nutrition concepts embodied are identified. Learning activities for preschool and primary school children include cooking lessons, food identification games, vegetable growing, story writing, etc. Further resources and techniques for parent involvement are suggested. The emphasis is on using a positive and enjoyable approach to help children build good eating habits at an early age. (cj)

0119
Nutrition evaluation instruments.
(University Park, Pa. Pennsylvania State University 1981?). NET funded -Cover title. 376 leaves in various foliations : ill. ; 29 cm. (NAL Call No.: TX364.N797 F&N B-3365).
Abstract: Nutrition evaluation instruments developed by Pennsylvania State University, reviewed by faculty and graduate students for content, accuracy and evaluated for reliability were designed for use with students (preschool-grade 12) and adults (college students, teachers, administrators, parents). Nutrition attitude instruments and knowledge tests assess opinions and performance, respectively, of students after participation in a nutrition education curriculum entitled, Nutrition in a Changing World. Instruments for use with adults include: a nutrition knowledge test for teachers to examine the influence of various teacher preparation methods; instruments to assess teachers' attitudes toward nutrition education in schools; an attitude instrument to assess college students' opinions toward nutrition and multimedia instruction; a statewide survey of teachers and administrators to determine needs, attitudes and methods of incorporating nutrition education into grades 7-12; and a questionnaire designed to assess parents attitudes toward nutrition. (js)

0120
Nutrition for growth. Nutrimento para el crecimiento : una curso domestico de estudios tocante a la educacion en la nutricion para ninos pre-escolares / preparado por el Consejo Comunitado de Cuidado de Ninos : compilado por Jenny Golay ; traducio por Karin Foreman ; ilustrada por Gail Woolfolk y Sue Sharp. Spanish.
Golay, Jenny. (Santa Rosa, Calif. Community Child Care Council of Sonoma County 1981). Cover title -NET funded -Translation of Food for growth (F&N E-3924). 1 v. (various pagings) : ill. ; 28 cm. (NAL Call No.: TX361.C5G58 F&N E-3966).
Abstract: A nutrition education curriculum for preschoolers in a home environment or preschool center integrates nutrition concepts into health, science, social studies, language development, art and math. Fifteen lesson themes designed to meet the California NET minimum proficiencies for preschoolers address topics such as the need for food, cleanliness, TV advertising, the Basic Four food groups, mealtime atmosphere and preventing food waste. Each lesson lists the objectives (for children and adults), materials/resources needed, procedure, and follow-up activities which reinforce lesson concepts. Activities suggested include stories, songs, fingerplays, games, art projects, snacks, gardening and field trip ideas. (js)

0121
Nutrition for preschoolers : a teacher's handbook for introducing nutrition education into preschool curriculum / (developed by Contra Costa County Day Care Nutrition Education Project).
Martinez, Calif. Contra Costa County Dept. of Health Services 1980. NET funded. viii, 127 leaves : ill. ; 30 cm. Bibliography: leaves 118-127. (NAL Call No.: TX364.N798 F&N B-3334).
Abstract: Lesson plans, designed to integrate nutrition education into learning experiences typically found in a preschool setting, enable learners to master minimum proficiencies in California's health instruction framework. Forty-five activities are divided among 5 content areas: food choices, factors influencing choices, food-related careers, consumer competencies and food handling. Each activity plan lists the objective, new vocabulary word(s), materials needed, procedures, evaluation methods and additional activities. Some lesson plans are appropriate for holiday seasons. (js)

0122
Nutrition for teachers, preschool and elementary grades / by J. Rye (and others).
Rye, James. ; Hunt, Barbara Novak.; Wolfe, Linda. University Park Pennsylvania St. U. 1980. Includes Leader's guide. (374) p. : ill. (NAL Call No.: TX364.R9 1980 F&N B-2529).
Abstract: The student packet and teacher's guide of an 18-session course is presented for classwork in preschool and elementary grades studying nutrition. The sessions cover nutrient composition and the needs of man, food energy and weight control, calories, adequate diet selection and carbohydrates, proteins and amino acids, lipids, obesity, vitamins and minerals, pregnancy, lactation, infancy, growth, aging and nutrition, food labeling, food processing, and water. Test answer keys are included.

0123
Nutrition for the future : teacher's handbook, grades 4-6 / developed by South Washington County Schools.
(St. Paul, Minn. Minnesota Dept. of Education 1980.). NET funded. 1 v. (various pagings) : ill. ; 28 cm. (NAL Call No.: TX364.N92 F&N E-3931).
Abstract: Over 50 teacher-developed

inter-disciplinary lesson plans integrate nutrition education into health, science, language arts and social studies. One or more sessions lasting 15-50 minutes, are designed for each lesson plan. Suggested activities meet stated instructional outcomes and explore the following concept areas: food groups, cultural foods, consumerism, and nutrients. (js)

0124
Nutrition, getting to know you better.
Regina, Sask. Saskatchewan Health 1979. 67 p. : ill. ; 28 cm. (NAL Call No.: TX364.N8O6 F&N E-4266).
Abstract: A nutrition resource book for teachers of upper elementary students follows Canada's Food Guide and includes teaching tips for: effective nutrition education; parent involvement (e.g., plan a nutrition night); and integrating nutrition into other subject areas (e.g., language skills, science, art). Concepts are based on the Saskatchewan (Canada) Health Curriculum and are expanded for each grade level. Each includes an objective, an assessment, teacher's notes, teacher's references, discussion ideas, and suggested activities. Reproducible worksheets are included. (kbc)

0125
Nutrition in a changing world : a curriculum for grade 4 / Lily Hsu O'Connell, James Rye, Paul E. Bell.
O'Connell, Lily Hsu. ; Rye, James.; Bell, Paul E. Provo, Utah Brigham Young University Press c1981. "The School Nutrition Education Curriculum Study. ~"A collaborative effort of the College of Education and the College of Human Development at the Pennsylvania State University.". vii, 158 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.O26 F&N E-3813).
Abstract: The 4th grade portion of a comprehensive nutrition education curriculum (for preschool through grade 12) emphasizes skills and knowledge needed to make personal dietary decisions. Concepts stressed are: functions and food sources of nutrients; digestion and absorption; and how food processing affects the food supply. Also emphasized are the importance of consuming a varied diet, making one's own sound food choices, trying new foods, and maintaining a healthy body. Each of the 26 lessons includes an introduction to the concept stressed, background and supplementary information for the teacher, a learning activity, student worksheets, methods for evaluation of student performance, and additional references and resources. Appendices provide additional information (in tabular form) on food composition, RDAs, and the Basic 4. (ds)

0126
Nutrition in a changing world : a curriculum for grade 5 / James Rye, Lily Hsu O'Connell, Paul E. Bell.
Rye, James. ; O'Connell, Lily Hsu.; Bell, Paul E. Provo, Utah Brigham Young University Press c1981. "The School Nutrition Education Curriculum Study. ~"A collaborative effort of the College of Education and the College of Human Development at the Pennsylvania State University. 136 p. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.R92 F&N E-3814).
Abstract: The 5th grade portion of a comprehensive nutrition education curriculum (for preschool through grade 12) emphasizes skills and knowledge needed to make personal dietary decisions. Concepts stressed are: diet and heredity as determinants of growth; factors affecting energy requirements; nutrient functions; the relationship between sugar and tooth decay; and cultural and environmental influences on food habits. Each of the 21 lessons includes an introduction to the concept stressed, background and supplementary information for the teacher, a learning activity, student worksheets, methods for evaluation of student performance, and additional references and resources. Appendices provide additional information (in tabular form) on composition, heights and weights, and RDAs. (ds)

0127
Nutrition in a changing world, leader's guide / E. Marbach (and others).
; Marbach, Ellen S. University Park Pennsylvania State U. 1979. Packet A and packet B. 1 v. (various pagings). (NAL Call No.: TX364.P49 F&N E-3412).
Abstract: The directions and curriculum for inservice nutrition education are presented for workshop leaders. Sample activities and lessons are described which kindergarten, primary, and intermediate level teachers can use to teach nutrition concepts in the classroom. For example, children can learn to combine a variety of foods into a balanced meal by making kabobs from the 4 basic food groups. Tests on which evaluation can be based and activity sequences for each grade level are included.

0128
Nutrition in action a creative dramatics nutrition minicourse for grades four - six /Angela Mancinelli ... et al. . -.
; Mancinelli, Angela. Storrs, Conn. : Dept. of Nutritional Sciences, College of Agriculture and Natural Resources, University of Connecticut, 1983. Funding from the United States Department of Agriculture, Food and Nutrition Service, Nutrition Education and Training Program.~ At head of title: CNETP, Connecticut Nutrition Education and Training Program.~ Cover title: Nutrition education. 1 portfolio : ill. ; 30 cm. (NAL Call No.: DNAL TX364.N7).
Abstract: "Nutrition in Action" is a creative dramatic nutrition minicourse for elementary school children, grades 4 to 6. The program consists of ten 30-45 minute lessons designed for use in the science and health curriculums. It provides an introduction to body function as they pertain to eating and nutrient utilization. The major topics covered in the program include: the food

sources and functions of protein, iron, and vitamin C; and the importance of breakfast. Knowledge-retention tests are included in the program. (lsp)

0129
Nutrition in health : an instructional package for grades K-6 / developed by Karen Koeppe.
Koeppe, Karen. (Madison, Wis. Wisconsin Nutrition Education and Training Program 1981?). NET funded. iv, 106 leaves : ill. ; 30 cm. + 2 booklets in pocket. (NAL Call No.: TX364.K6 F&N B-3492).
Abstract: To help children make informed food choices and be responsible for their personal nutritional health; an instructional package integrates nutrition (K-6) education into the major health education areas: mental health, physical health, safety, and community health. Twenty lessons (2 for kindergarten; 3 each for grades 1-6) contain activities that are written in a structured fashion (e.g., what kind of foods do you eat for snacks) and measurable objectives to evaluate learning (e.g., concept of a nutritious snack). Materials include recipe cards, student worksheet/handouts, parent letters, and supplementary references. Concepts and generalizations are provided for teachers who want to create their own lessons. (kbc)

0130
Nutrition in health : an instructional package for grades K-6 / developed by Karen Koeppe.
Koeppe, Karen. (Madison, Wis.) Wisconsin Dept. of Public Instruction 1983. NET funded -Cover title: Nutrition in health: a curriculum guide. 333 p. : ill. ; 22 x 28 cm. + 1 booklet. Includes bibliographical references. (NAL Call No.: TX364.K6 1983 F&N B-3706).
Abstract: To help children make informed food choices and be responsible for their personal nutritional health; a revised instructional package integrates nutrition education (K-6) into the major health education areas: mental health, physical health, safety, and community health. Sixty-one lessons (at least 5 for each grade) contain activities that are written in a structured fashion (e.g., what kind of foods do you eat for snacks) and measurable objectives to evaluate learning (e.g., concept of a nutritious snack). Materials include recipe cards, student worksheet/handouts, parent letters, and supplementary references. Concepts and generalizations are provided for teachers who want to create their own lessons. (kbc)

0131
Nutrition in the social studies : an instructional package for grades K-6 / developed by Tanya Wapensky.
Wapensky, Tanya. (Wisconsin) Wisconsin Dept. of Public Instruction, Food and Nutrition Services (1980?). NET funded. 185, (54) p. . ill., maps ; 22 x 28 cm. (NAL Call No.: TX364.W28 F&N B-3366).
Abstract: The curriculum guide integrates nutrition education into grade K-6 social studies using "Informed Food Choice" as the model and goal for the Wisconsin NET program. Anthropology, sociology, psychology, economics, political science, geography and history are the social studies areas related to food choices. An overview organized according to the social studies disciplines offers guidelines by combining the fundamental elements which tie a discipline together with generalizations and relationships between nutrition and social studies concepts and objectives. Lesson plans are divided according to grade level and provide appropriate generalizations, objectives and activities. A compilation of supplementary materials includes worksheets (some from Dairy Council's Food ... Your Choice" kit), recipes, parent letters, and information sheets. (js)

0132
Nutrition notebook, lesson plans for preschool teachers / Nancy Chapman ... (et al.).
; Chapman, Nancy. Lewisburg, Pa. Central Susquehanna Intermediate Unit 1981. 257 p. : ill. (NAL Call No.: TX364.N884 1981 F&N E-3792).
Abstract: Lesson plans for teachers of preschool children are divided into 5 sections: Fall, Holidays, Winter, Spring, and Summer. Each section contains several lessons with seasonally appropriate themes, color coded and arranged in order of complexity. Included in each lesson are: objectives; key nutrition concepts; materials needed; activities; procedures and methods for evaluation. Three teacher-directed and 3 home activities are provided in each lesson. The appendices include a vocabulary list, supplemental classroom activites, nutritious snack suggestions with recipes, nutrient information, daily food guides for children, safety rules for food preparation, and a glossary of terms. (js)

0133
Nutrition through the arts : a guide for teachers /written and edited by Gail Brandt, Priscilla Fenton, Elizabeth Gaskill ; illustrated by Kate Allen, calligraphy by David Ohannesian, drawings by students of Clover Park Elementary Schools Tacoma, Washington ; funded by U.S. Dept. of Agriculture. -.
Brandt, Gail. ; Fenton, Pricilla.; Gaskill, Elizabeth. Takoma, Wash.? : Nutrition & Education Training Program , 1980. "October, 1980."-"Nutrition Education & Training Program, a nutrition program sponsored by Dr. Frank B. Brouillet; Washington State Superintendent of Public Instruction and Monroe School District.". vi, 80 p. : ill. ; 22 cm. Bibliography: p. 75-79. (NAL Call No.: DNAL TX361.C5B7 1980).
Abstract: An innovative approach to teaching nutrition using various art forms is introduced in this project developed for the Washington State school system with funding from the U.S. Department of Agriculture's Nutrition

Education and Training Program. Objectives and art activities for the curriculum were the outgrowth of a one-week workshop of participating nutritionists, artists, and teachers. Information from the experiences and evaluations of over 100 education personnel who pilot tested the program have been incorporated. The curriculum was designed for use as an adjunct to the comprehensive state nutriti on curriculum and focuses on three aspects of nutrition: culture/environment, energy, and decision-making. Art forms utilized in the curriculum include drama, music, dance, and visual and literary arts. For each grade from kindergarten through grade six, 1) student learning objectives, 2) key terms, 3) lesson plans (i.e. objectives, materials, duration, procedures), 4) nutrition background information, 5) tasting experiences, 6) resources, and 7) evaluation suggestions are presented. Numerous hand-drawn illustrations supplement the text. Nutrition references and arts references are provided in a bibliography. (aje)

0134
A nutrition unit for early childhood / Camille Pfeifer and Mary Snaith.
Pfeifer, Camille. ; Snaith, Mary. Manhattan Beach, Calif. Child Focus Co. 1976. This early childhood nutrition unit is designed for grades K-3. 19 p. : ill. (NAL Call No.: TX364.P422 F&N C-2313).
Abstract: A teaching guide for grades K-3 aims at increasing children's awareness of why their bodies need food and how to make nutritious food choices. Nutrition activities, based on the 4 food groups concept, utilize discussion questions, posters, crossword puzzles, a picture dictionary, a food box, a nutrition scrapbook, seeds, and foods the children bring to the classroom. Discussion topics are: "Talking About Foods", "Basic Food Groups", "Staying Healthy", "Recommended Daily Food Intake for a Child" and "Energy and Growth". (nm)

0135
Nutrition with objectives. La nutricion como objectivo : guia de actividades de educacion nutricional / preparado por Angela Lattuca Croce; illustraciones por Patricia Hope. Spanish.
Croce, Angela Lattuca. San Diego, Calif. Escuelas de la Ciudad de San Diego 1980. NET funded -Translation of Target nutrition (TX364.C75 F&N B-3399). 3 modules in 1 v. : ill. ; 28 cm. (NAL Call No.: TX364.C752 F&N B-3400).
Abstract: Activity guides in Spanish provide ideas for reinforcement of nutrition knowledge, identification of attitudes about food and improving eating habits. Lesson plans for pre-K-K, grades 1-3 and 4-6 are based on the guidelines of the Health Instruction Framework for California Public Schools. Topic areas are: food choices, factors influencing choices, food related careers, consumer competencies, and food handling. Lessons may be incorporated into math, language, social studies, science, art and reading where appropriate. Each lesson lists a desired proficiency and behavioral objective, content, learning experiences and materials needed. Optional food experiences are provided to reinforce concepts taught. Student activity sheets and recipes are included. (js)

0136
Nutritious nibblesquality snacks for kids. -.
Mound, Minn. : Quality Child Care Press, c1981. Cover title. 122 p. : ill. ; 14 x 21 cm. (NAL Call No.: DNAL FNC TX370.N89 C-2736).
Abstract: A cookbook offers 104 recipes for preparing nutritious snacks for 1-12 year-old children. Each recipe has been portioned to illustrate how it satisfies USDA minimum requirements of the Child Care Food Program. The number of servings provided in each recipe are indicated for 3-6 year-old children. These snacks provide nourishing supplements to help satisfy nutrient needs of a child beyond breakfast, lunch and dinner. Symbols are used to deisgnate snacks high in fat, salt and sugar. A number of recipe preparation hints are appended. A USDA meal pattern is offered as a guideline for serving the snacks. (wz)

0137
Off to a good start : practical nutrition for family day care / Catherine Strobl and Nancy Van Domelen ; with illustrations by Heidi Sparks.
Strobl, Catherine. ; Van Domelen, Nancy. Denver, Colo. Colorado Dept. of Education 1982. NET funded. viii, 130 p. : ill. ; 28 cm. (NAL Call No.: TX361.C5S78 F&N E-3929).
Abstract: A basic nutrition resource book provides eating guidelines for adults and children, practical advice regardng consumer decisions and hints for meal planning and food preparation. An activity section which suggests experiences to help preschool children understand the relationship of food to health covers most of the major concepts presented. Recipes included throughout the text are accompanied by statements indicating how the food item may be used in the daily feeding pattern according to USDA Child Care Food Program requirements for 3-6 year old children. (js)

0138
Peanut butter and pickles : a nutrition program for pint size people / prepared by Joy Ehlert, Jody Johnson and Carol Caughey ; illustrations by Susan Sharp ; for the Humboldt County Office of Education.
Ehlert, Joy. ; Johnson, Jody.; Caughey, Carol. Eureka, Calif. (901 Myrtle Ave., Eureka, Calif. 95501) Humboldt County Office of Education 1981. NET funded -Includes enclosures in pockets -Loose-leaf. xviii, 407 p. : ill. ; 30 cm. Bibliography: p. xv-xviii. (NAL Call No.: TX364.E38 B-3196).
Abstract: A comprehensive nutrition

education package, designed for use within basic school curriculums, contains lesson plans for grades 1 through 6. The lessons are especially suitable for schools in rural areas and are divided according to 5 concept areas: food choices and their relation to optimum health, factors influencing food choices, food related careers, consumer competencies, and food handling. Each lesson's format includes: factual information for the teacher, objectives, procedures and materials needed, a food experience, a values awareness and clarification activity and supplemental enrichment activities. Other materials provided include activity sheets, bulletin board ideas, games, recipes, and a parent/community involvement section providing nutrition information for parents, reinforcing activities for parents and children and newsletter ideas.

0139
Pencil and paper fun to teach nutrition.
Ruslink, Doris. ; Funk, Doris Harrnacker. Warren, N.J. Good Ideas Books Co. 1977. 1 v. (unpaged) : ill. (NAL Call No.: TX364.R82 F&N).
Abstract: The 23 spirit masters (which can be duplicated) are for a variety of grade levels (preschool through college). They are supplementary material for use by the classroom teacher of nutrition. Answers are provided.

0140
Planning a nutritious tasting party.
(Columbus, Ohio) Ohio Dept. of Education, Nutrition Education and Training Program (1982). NET funded - "Draft 6/82.". 5 p. : ill. ; 28 cm. (NAL Call No.: TX731.P55 F&N E-4045).
Abstract: Explaining why snacks are important for children, the pamphlet briefly describes what types of food experiences would integrate nutrition education into language arts, math, health, science and social studies; suggests pre- and post-party activities, methods of presenting foods for tasting and party themes. (js)

0141
The plants we eat / by Millicent E. Selsam ; photographs by Jerome Wexler and others.
Selsam, Millicent E. (Millicent Ellis), 1912. New York Morrow 1981. Includes index. 125 p. : ill ; 24 cm. (NAL Call No.: SB175.S44 1981 F&N E-3795).
Abstract: Plants, and food products derived from plants (breads, cereals), are illustrated and discussed for elementary school children. The history and origins of different plant foods are traced (e.g., spinach from ancient Persia, onions and garlic in ancient Egypt). Specific physical characteristics and appearances of plants are discussed and illustrated with numerous photographs of plant types. Edible plant foods are discussed and characterized under the categories of: roots (carrots, turnips, sweet potatoes); stems (white potatoes, asparagus); leaves (celery, rhubarb, spinach, lettuce); flowers (cauliflower, broccoli, artichoke); fruits (tomatoes, peppers, cucumber, squash, string beans, apples, etc.); and grains (wheat, barley, rice, oats, corn). (wz)

0142
Please pass the nutrition : curriculum guide for grades 1-2 / San Jose USD.
San Jose, CA. Unified School District 1979. 234 p. : ill. -. (NAL Call No.: TX364.S23 F&N E-3431).
Abstract: A curriculum guide to teach and improve food habits in first and second graders uses lesson plans that encourage the study of nutrition in the classroom. Program activities support cognitive, affective and action learning of basic nutrition principles, positive nutrition attitudes and healthy diet practices. Each lesson describes objectives, required teaching materials and time, teacher information and instructional aids. Examples of creative nutrition lessons are "How Food Turns Into You", "Magnificent Meat Group Foods", "Fruit Search", and "I Tried It!" Other topics discuss the Type A school lunch, children as consumers and growing plants. Worksheet answer keys and 66 food picture flash cards are included.

0143
Please pass the nutrition : curriculum guide for grades 3-4 / San Jose USD.
San Jose, CA. Unified School District 1979. 279 p. : ill. (NAL Call No.: TX364.S24 F&N E-3432).
Abstract: A curriculum guide to teach and improve food habits in third and fourth graders suggests lesson plans suitable for in-classroom use. Program activities support cognitive, affective and action learning of basic nutrition concepts, positive food behaviors and healthy diet practices. Each lesson presents objectives, required time and teaching materials, teacher information and instructional aids. Typical lessons include "Spell That Food", "Snack Food Alley", "To Eat Meat or Not To Eat Meat" and "Nutrient Relay". As many as 14 activies may be organized around a central nutrition theme. Other topics describe the Type A school lunch, consumer economics and plant growth. Appendices cross-reference lesson titles to nutrition education concepts; 66 food picture flash cards are included.

0144
Please pass the nutrition : curriculum guide for pre-school-kindergarten / San Jose USD.
San Jose, CA. Unified School District 1979. 231 p. : ill. -. (NAL Call No.: TX364.S22 F&N E-3430).
Abstract: A curriculum guide to teach and improve food habits in preschoolers and young school children presents lesson plans for classroom use. Program activities support cognitive, affective and action learning in emphasizing 3 concepts: basic nutrition principles; positive nutrition attitudes and food behaviors; and healthy diet practices.

Each lesson describes objectives, required materials, time needed, teacher information and instructional aids. Some sample lessons are "My Teeth Need Good Foods", "The Alphabet Food Train", "Captain McNutrient Sets The Table" and "If I Were A Tree, What Fruit Would Grow on Me?" Appendices index specific lesson titles to the concepts of food choices, factors influencing choices, food-related careers, consumer competencies and food protection; 66 food picture flash cards are also included.

0145
The POKIS program : / developed by Purdue University.
West Lafayette, Ind. Purdue Research Foundation 1981. NET funded. v, 173, (16) p. : ill. ; 28 cm. (NAL Call No.: TX364.P59 F&N B-3333).
Abstract: The POKIS (Prevent Obesity Keep in Shape) program for elementrary students ecompasses two disciplines, nutrition education and exercise. The curriculum contains 3 units to fulfill these disciplines: 1) Assessing Fitness, in which children learn about physical measurements and what they mean, 2) Finding Fitness, in which methods and concepts for developing adequate exercise and good nutrition habits are explored, and 3) Parent Involvement, through the Finding Fitness activities, parent letters and school wide activities. Units are divided into chapters which each list the purpose, concept, objectives, background information for teachers, references, activities and worksheets. Parent letters provide information and guidance on desirable height/weight, aerobic fitness, changing habits, and snacks which promote weight control and the relationship between calories and activity. (js)

0146
A Preschool nutrition education curriculum.
Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~"February 1981.". iii, 123 p. : ill. ; 28 cm. Bibliography: p. 101-123. (NAL Call No.: TX364.P747 F&N E-3939).
Abstract: A curriculum for preschool nutrition education is designed around 7 basic nutrition concept areas: food and nutrients, nutrient needs, nutrition and health, nutrition and the life cycle, food handling, food selection and food as a resource. The primary emphasis is on learning through experiences requiring children to use their senses. There are seven unit plans (collections of activities which can be used to teach a concept based on a chosen subject) and corresponding daily lesson plans which use some of the suggested activities from the unit plan to structure a day's activities. Each lesson plan lists goals, behavioral objectives, materials needed and learning activities. Also included are annotated bibliographies of preschool children's books, preschool curriculum materials, audiovisuals and other teaching materials. (js)

0147
A Preschool nutrition education curriculum / developed by Patricia A. Wagner ... (et al.).
; Wagner, Patricia A. Tallahassee, Fla. Florida Dept. of Education 1981. NET funded ~"June 1981.". v, 123 p. : ill. ; 28 cm. Bibliography: p. 101-123. (NAL Call No.: TX364.P747 1981a F&N E-3940).
Abstract: A curriculum for preschool nutrition education is designed around 7 basic nutrition concept areas: food and nutrients, nutrient needs, nutrition and health, nutrition and the life cycle, food handling, food selection, and food as a resource. The primary emphasis is on learning through experiences requiring children to use their senses. There are 7 unit plans (collections of activities which can be used to teach a concept based on a chosen subject) and corresponding daily lesson plans which use some of the suggested activities from the unit plan to structure a day's activities. Each lesson plan lists goals, behavioral objectives, materials needed and learning activities. Also included are annotated bibliographies of preschool children's books, preschool curriculum materials, audiovisuals and other teaching materials. (js)

0148
Preschool nutrition education monograph / SNE.
Berkeley, CA SNE 1978. 48 p. : ill. ; 28 cm. ~. Includes bibliographies. (NAL Call No.: TX364.S66 F&N E-3459).
Abstract: A collection of selected materials concerning nutrition education for preschool children has been prepared by the National Nutrition Education Clearing House for use by teachers, parents and nutrition specialists with interest in this topic. An overview of current activities and ideas in the field is presented in periodical articles addressing food acceptance and nutrient intake of preschoolers; preschool nutrition education programs; parent involvement in preschool nutrition education; and training of day care personnel. A second section contains reviews and abstracts of educational references and instructional aids including books, pamphlets, articles and audiovisuals for preschool nutrition educators. All items have been written or reviewed by nutritionists.

0149
Project Munch : a Title IV-C project.
Oakham, Mass. Oakham Center School (1980?). Cover title. 59 p.
Bibliography: p. 55-59. (NAL Call No.: TX364.P758 F&N E-4305).
Abstract: A novel project that permanently integrates school lunch with nutrition, health knowledge, and practice and improves milk, fruit, and vegetable consumption for kindergarten through 6th grade, is described. The project evolves from the entire school eating lunch "family style with students allowed (and encouraged) to participate in units to evaluate menu planning, purchasing procedures, and waste evaluation. The fifth and sixth grade

students develop social skills while serving the "family style" " meals, and pass these skills on to younger students. This project has resulted in the development of nutritionally and socially aware students who are able to regulate their personal eating habits in a healthful way. (wz)

0150
Project SNAP nutrition education curriculum.
Provincetown, Mass. Provincetown Elementary School (1980?). Cover title: Project SNAP nutrition curriculum guide ~NET funded. (203) leaves : ill. ; 28 cm. Bibliography: leaves (137-166). (NAL Call No.: TX364.P765 F&N B-3361).
Abstract: A curriculum guide for grades K-6 integrates nutrition education into existing science, health, math, reading, art and social studies curricula in the classroom in conjunction with a family style lunch program. The five areas of focus are: food classification, food origins, effect of diet, dietary concerns and eating behavior. Sample lessons, with hands-on activities aid in development of appropriate skills/concepts designated by Piaget's Stages of Cognitive Development. Each lesson plan lists the concept to be taught, behavioral outcome, materials needed, procedure extension activities, and additional resources. Supplemental materials include food and culture activities, an annotated bibliography of books, audiovisuals, curriculum and teacher's guides, organizations providing nutrition publications, recipes and an overview of Piagetian theory. (js)

0151
Project V.I.N.E. : (Volunteers in Nutrition Education).
Mahtomedi, Minn. Independent School District 832 (1980?). NET funded. 7 v. in 1 : ill. ; 29 cm. Includes bibliographies. (NAL Call No.: TX364.E967 F&N B-3357).
Abstract: A set of six units, supplementary to the "Working Together for Nutrition Education" curriculum, is to be taught by the teacher with volunteer assistance. Each unit is designed for a specific grade level and includes at least four lesson plans with activities planned to meet stated objectives. Step-by-step directions are given for each activity. Unit topics include: Exploring the Senses, Good Manners in the Lunchroom, Foods in the Early (American) Days, Breakfast, Outdoor Cooking and Bread. A resource guide is included and lists a variety of supplemental materials according to topic areas and an annotated list of films indicating the appropriate grade level, length and content. (js)

0152
Reading, writing & smoked salmon : an Alaskan nutrition curriculum guide.
Juneau, Alas. South East Regional Resource Center (1981?). NET funded. 2 v. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.R42 F&N E-4117-4118).
Abstract: A two volume set grades 1-3 and grades 4-6) of nutrition education curriculum guides provides a general overview of nutrition information (nutrient glossary, special considerations for teaching nutrition in Alaska, Basic Four) for teachers, classroom learning activities, resource lists (organizations, audiovisual and print material available within the state), and an Alaskan Dietetic Association directory. Classroom learning activities are divided into 5 conceptual areas: Kinds of Foods, Food Groups and Nutrients, Nutrition and Health, Foods People Eat and Food Safety and Handling, and are comprised of a set of learning objectives arranged according to increasing levels of specificity. Each learning objective is fulfilled through suggested supporting or reinforcing audiovisuals, print materials and community resources; and content (brief background information for the teacher). (js)

0153
Selected recipe steps and newsletters to accompany Cook and learn / Beverly Veitch (and) Thelma Harms.
Harms, Thelma. ; Veitch, Beverly. Menlo Park, Calif. Addison-Wesley Pub. Co. 1981. To accompany Cook and learn (C-2244). 1 v. : ill. (NAL Call No.: TX652.5.H33 1981 F&N E-3556).
Abstract: A children's cooking program is designed to enable teachers to present not only the basics of cooking and nutrition, but also new vocabulary, communication techniques, mathematical relationships and scientific principles. The 50 single portion recipes are represented pictorially in easy sequential steps and can be mounted on individual cards. Suggestions for setting up, preparation and supervision ensure the maximization of the learning opportunities. Newsletters can be duplicated and sent home to encourage parent participation and support.

0154
Smell, touch, listen, look - kids learn, kids cook : a nutrition education workshop for day care personnel / Judith Herr.
: Herr, Judith. Menomonie, Wis. University of Wisonsin-Stout 1980. NET funded. 36 p. (NAL Call No.: TX364.S624 F&N E-3710).
Abstract: A nutrition education inservice training program was designed to help day care workers learn about, adapt, and use nutrition education materials in the classroom; day care workers can foster positive attitudes among young children toward food and nutrition. The workshop provides training in basic nutrition concepts; techniques for integrating nutrition education into the preschool environment; methods of planning participation by children, staff, and parents; and evaluation for resource materials. Concepts suitable for preschool children are outlined. A cook's corner is suggested for the

classroom; recipes and tips are given for children to prepare meals and snacks. Nutrition information resources, sample lesson plans, and companies producing early learning equipment are listed. (cj)

0155
Snacks for children / compiled by Susan Kotris.
Kotris, Susan. Cleveland, Ohio Cleveland State Univ. c1982. NET funded. 16 p. : ill. ; 28 cm. (NAL Call No.: TX740.K68 F&N E-4037).
Abstract: A twelve week rotation of nutritious, popular snacks used in the Cleveland State University Child Center was designed to increase the children's acceptance of a wide variety of foods and to promote good snacking habits. Each weekly list (5 snacks) includes a grocery list, recipes and suggestions for snack preparation and serving. Additional seasonal recipes, activity suggestions and hints for conducting food preparation activities with preschool children are included. (js)

0156
Students, parents, educators, administrators, children, for nutrition : a cooperative adventure in preschool nutrition education.
Minneapolis, Minn. Minneapolis Public Schools 1980. NET funded. 1 v. (loose-leaf) : ill. ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.S78 F&N B-3397).
Abstract: SPEAC for Nutrition provides a multi-level program to increase the nutritional awareness and knowledge of preschool children through high school/post high school students, and day center cooks; and workshops for parents, preschool and secondary teachers. The curricula are supportive of the USDA/HEW dietary guidelines and the five food group concept. The preschool teaching units are divided into lesson plans providing food, non-food and reinforcement activities encouraging positive eating habits. Nutrition information for parents, suggested at-home activities and additional resources for teachers also are included. The secondary student curriculum gives teenagers a background of nutrition principles to apply when planning activities with young children. Two hour teacher workshop/resource units provide the format for experiential activities utilizing those principles presented to the children. A 20-hour food service workshop explores food attitudes, teaches basic nutrition, menu planing, sanitation and safety and enables the participant to plan food-related activities to use with preschool children. (js)

0157
Sugar apples are apples too / prepared by Ruth Moolenaar, Marva Sprauve Browne and Helen C. Williams.
Moolenaar, Ruth. ; Browne, Marva Sprauve.; Williams, Helen C. (Charlotte Amalie, V.I. Government of the Virgin Islands, Dept. of Education 1973). NET funded. 59 p. : ill. ; 28 cm.
Bibliography: p. 59. (NAL Call No.: TX397.M66 F&N E-4111).
Abstract: The publication is designed to familiarize second to fourth grade students with fruits indigenous to the Virgin Islands by making them aware of their appearance, local names, and nutritional values. Black and white drawings are accompanied by desciptions of the color, flavor, and texture. One or more activities are suggested and traditional recipes are offered for many of the fruits. Also included are lyrics for 2 songs, a partial listing of seasonal availability of fruits, and sources of practical learning experiences. (js)

0158
Supplementary materials for nutrition in health / developed by Karen Koeppe.
Koeppe, Karen. (Madison, Wis. Wisconsin Nutrition Education and Training Program 1981?). NET funded. 147 leaves in various foliations : ill. ; 28 cm. (NAL Call No.: TX364.K62 F&N B-3493).
Abstract: A workbook provides materials educators need to supplement the curriculum "Nutrition in Health" developed for the Wisconsin Dept. of Public Instruction under the Nutrition Education and Training Program (NET). The packet contains: worksheets, handouts, recipes, and games (designed for specific grade levels 1-6). The sheets can be removed and copied for general distribution. A progression in difficulty and complexity is seen in the materials as the nutrition information message is expanded for each grade level. (kbc)

0159
Take a nutrition break : lessons and activities for every curriculum, elementary / (prepared by) Northern Colorado Educational Board of Cooperative Services, Colorado Department of Education.
Longmont, Colo Northern Colorado Educational Board of Cooperative Services 1980. NET funded. 85 p. : ill. ; 28 cm. Includes bibliographical references. (NAL Call No.: TX364.T33 F&N E-3884).
Abstract: Nine lessons (one for each month, September through May) are designed to teach children to make wise food choices through knowledge of nutrient requirements, sources and functions and how food production and handling affect the final nutrient content. Some topics are seasonally appropriate (i.e., dental health in October, eggs in April); other topics include the Basic Four food groups, snacks and breakfast. Activities for each lesson fulfill stated behavioral objectives and are divided into grade levels K-2, 3-4 and 5-6. Student handout/worksheet masters and answer keys are included. (js)

0160
Target nutrition : nutrition education activity guide / prepared by Angela Lattuca Croce; illustrations by Patricia Hope.
Croce, Angela Lattuca. San Diego, Calif. San Diego City Schools 1980. NET funded -Translation of La nutricion como objectivo guia de actividades de educacion nutricional (TX364.C752 F&N B-3400). 3 modules in 1 v. : ill. ; 28 cm. Includes bibliographies. (NAL Call No.: TX364.C75 F&N B-3399).
Abstract: Activity guides in English and Spanish provide ideas for reinforcement of nutrition knowledge, identification of attitudes about food and improving eating habits. Lesson plans for pre K-K, Grades 1-3, and 4-6 are based on the guidelines of the Health Instruction Framework for California Public Schoools. Topic areas are: food choices, factors influencing choices, food related careers, consumer competencies and food handling. Lessons may be incorporated into math, language, social studies, science, art and reading where appropriate. Each lesson lists a desired proficiency and behavioral objective, content, learning experiences and materials needed. Optional food experiences are provided to reinforce concepts taught. Student activity sheets and recipes are included. (js)

0161
Task cards : vegetables with good munch program.
Durham, N.H. Nutrition at Work, UNH 1981. NET funded. 1 portfolio : ill. ; 28 cm. (NAL Call No.: TX392.T38 F&N E-4450).
Abstract: Twenty-two task cards, part of the "Vegetables with Good Munch" Program, provide learning activities integrating food and nutrition information into subject matter areas. Arts, crafts, experiments and just plain fun activities, such as vegetable printing; garden planning, sprout culture and foreign food research, for individuals, small groups or classes are included. (js)

0162
Teach nutrition with puzzles and activities / by Doris Ruslink.
Ruslink, Doris. Upper Montclair, N.J. Life Skills Center, Montclair State College 1978. Cover title. (24) leaves : ill. ; 28 cm. (NAL Call No.: TX364.R81 E-3851).
Abstract: Basic nutrition concepts are taught through a collection of learning activities which include crossword puzzles and word games. Each activity lists appropriate grade level and concept stressed. (ds)

0163
Teacher's, cooks & children : road to good nutrition : curriculum guide / developed by Anoka-Hennepin Independent School District No. 11.
(St. Paul, Minn.) State Dept. of Education 1980. NET funded. 7 v. : ill. ; 29 cm. Includes bibliographies. (NAL Call No.: TX364.T39 F&N E-3997-E-4003).
Abstract: Curriculum guides for each grade level (K though 6) provide food-related activities to be conducted through cooperative efforts of the teaching and school foodservice staff. To improve the nutritional status of students the lessons focus on development of decision making skills for informed food choices. Emphasis is placed on the Basic Four food groups, the role of each in specific body functions, and the need for a variety of foods for each food group for optimal health. For each concept within a grade level, at least 2 activities are suggested. Activity procedures are briefly outlined and required materials are listed. Worksheets, handout masters, and recipes are provided. Curriculum content includes food classification, preparation processes, relationships of food to culture, evaluation of food advertising, nutrient functions, and nutrient sources. (js)

0164
A teacher's guide to learning nutrition through discovery, K-6 / Barbara Fry, Josephine Swanson (and) Martha Plass.
Fry, Barbara. ; Swanson, Josephine.; Plass, Martha L.& Learning nutrition through discovery, K-6, teachers guide. Ithaca, N. Y. Cornell University 1980. (72) p. Includes bibliographies. (NAL Call No.: TX364.F7 1980 F&N E-3695).
Abstract: A series of nutrition learning activities has been developed for K-3 and 4-6 grade teachers. Basic nutrition facts support specific activity instructions. Primary grade food activities were designed for classroom use; teaching goals encourage positive attitudes toward eating a variety of foods, and toward developing the concept that good food is related to good health. The intermediate grade activities introduce fundamental biological concepts of nutrition, including nutrient composition of food, digestion and energy balance. Recipes have been altered to reduce sugars, saturated fats and sodium in the diet. A resource list provides suggestions on books for students and teachers, and other sources of nutrition education materials. (cj)

0165
Teaching about nutrition : a resource kit for use by school food service personnel, teachers, and students / written by Emma Nance ; edited by Judy Coady and Debbie Frisch Swanson.
Nance, Emma. ; Coady, Judy.; Swanson, Debbie Frisch. Denver, Colo. Colorado Dept. of Education (1982). NET funded. 12 portfolios : ill. ; 30 cm. in case 31 x 28 x by 7 cm. + 26 transparencies. (NAL Call No.: TX364.N3242 F&N B-3312).
Abstract: A resource kit for use by school food service personnel, teachers and students (grades 4-12) contains 12 portfolios of materials to be used in classroom nutrition study or with PTA and other adult groups. Portfolio topics include: school lunch and its role in nutrition education; Basic Four food groups; food discovery and tasting

experiences; introduction to major nutrients, Recommended Dietary Allowances, additives and food labeling; bulletin board and exhibit ideas; and puppetry. School lunch and food attitude surveys are provided; student and parent involvement activity ideas are included. Transparencies and handout/activity masters also are provided to enhance classroom activities and presentations. (js)

0166
Tennessee educates for nutrition now : an instruction plan for preschool / prepared by Frances E. Andrews ... (et al.) ; under contractual support provided through the Tennessee Department of Education to the University of Tennessee, Knoxville.
; Andrews, Frances E.& An instruction plan for preschool. (Nashville, Tenn.) Tennessee Dept. of Education 1982. NET funded. v, 102 leaves, (2) folded leaves of plates ; 30 cm. -. Bibliography: leaves 84-89. (NAL Call No.: TX364.I545 F&N B-3314).
Abstract: The preschool plan is organized around four goals identified for nutrition education in Tennessee. These goals are to understand: the relationship of nutrition to health, the relationship between individual and environmental characteristics and food related behavior, physical and chemical properties of food and the nature and means of resolution of food and nutrition related concerns. The plan is divided into beginning and advanced developmental level sections. Within each section are specific topics for study and corresponding cognitive, affective and behavioral objectives, generalizations about the information, priority ratings to help determine emphasis each topic should receive, content, vocabulary lists, teacher information, activities, assessment activities, and supplementary resources. A resource guide provides an annotated list of children's books and teacher references, picture and materials sources and an educational materials evaluation instrument. (js)

0167
Tennessee educates for nutrition now : an instructional plan for kindergarten through grade 6 / prepared by The University of Tennessee, Knoxville, Nutrition Education Project Staff ... (et al.).
(Knoxville, Tenn. University of Tennessee) 1980. NET funded. vi, 218 p. : ill. ; 30 cm. (NAL Call No.: TX364.T416 1980 F&N B-3381).
Abstract: Divided into sections by grade level, the instructional guide lists nutrition topics related to Tennessee's nutrition education goals, cognitive, affective, and behavioral objectives needed to achieve the goals, subject matter into which goals may be integrated and a priority rating for inclusion of the topic in the curriculum. Pre-instruction assessment activities help the teacher determine the food- and nutrition-related knowledge, attitudes and behavior the children already possess. Lesson plans for each topic include background content information for the teacher, activities which can be integrated into traditional subject matter areas, evaluation techniques and additional resources available. The appendices include an annotated resource guide and an educational materials evaluation instrument. (js)

0168
Tennessee educates for nutrition now : an instructional plan for kindergarten through grade 6 / prepared by Sandra W. Miller ... (et al.).
; Miller, Sandra W.& Nutrition education instructional plan, kindergarten--grade 6. (Nashville, Tenn.) Tennessee Dept. of Education 1981. NET funded ~Cover title: Nutrition education instructional plan, kindergarten-grade 6. 289 p. : ill ; 29 cm. Bibliography: p. 263-280. (NAL Call No.: TX364.T416 1981 F&N B-3362).
Abstract: A framework of goals, objectives and topics for nutrition education in Grades K-12 was developed according to the specific needs of Tennessee children. Objectives for Grades K-6 are organized around the following themes: K-1 exploration to increase acceptance and enjoyment of food; Grades 2-3 differentiation of basic concepts relevant to food and nutrition, and for Grades 4-6 sociocultural aspects of food and nutrition. The instructional guide is divided into sections by grade level. Each grade level section contains goals and objectives, basic subject designations, content and generalizations, vocabulary lists, teacher information, activities, resources and assessment procedures. A glossary and resource guide also are provided. (js)

0169
To mom and dad a primer on feeding the preschooler / Joanne P. Ikeda . -.
Ikeda, Joanne P. Davis, Calif. : Division of Agricultural Sciences, University of California, 1980. Cover title.~ "Reprinted April 1980.". 8 p. : ill. ; 28 cm.-. (NAL Call No.: DNAL FNC RJ206.I4 F&N E-4497).
Abstract: A brief guide for parents presents advice for developing good attitudes towards a sound diet in their newborn to preschool children. Emphasis is placed on: starting good eating practices early (at infancy); making the learning of good eating habits easy (e.g.: making dining with the family physically comfortable; serving small portions to the child; serving finger foods); making mealtime a pleasant occasion; the recognition of problems (e.g. poor eaters; intermittent favorite food demands; filling up on milk; plate waste); and techniques for easing the concern when introducing new foods. A daily checksheet to ascertain whether a child is eating a balanced diet (relative to recommended daily food guidelines) is appended. (wz)

0170
To your health! : nutrition education curriculum guide, grades K-8 / Betty B. Brazeau, Virginia Lindsteadt.
Brazeau, Betty. ; Lindsteadt, Virginia. Ukiah, Calif. Mendocino County Schools 1980. NET funded ~Loose-leaf. 2 v. (1046 p.) : ill. ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.B69 F&N B-3322/23).
Abstract: A curriculum guide for kindergarten through 8th grade provides lesson plans which support performance levels outlined in the Minimum Proficiency Levels for Nutrition Education in California Schools and help students develop knowledge and skills to make wise food choices. Lessons plans, grouped by grade level fulfill the 5 required nutrition topic areas (food choices, factors influencing food choices, food related careers, consumer competencies and food handling) and are designed for maximum integration into curriculum subject areas. Each lesson plan indicates the time required for the activities, provides brief background information and suggests individual and group learning activities which meet the stated behavioral objective. Specific evaluation and enrichment activities also are suggested. Supplementary sections include nutrition-related reading enrichment activities, methods for integrating a gardening experience into curriculum areas, a parent involvement section providing workshop outlines and activities, and a teacher's resource list. (js)

0171
Try something new / Martha Mapes (and) Gail Keown.
Mapes, Martha C. ; Keown, Gail. Ithaca, N.Y. Cornell University 1977. 1 v. (various pagings). Includes bibliography. (NAL Call No.: TX355.M32 1977 F&N E-3677).
Abstract: Lesson plans for teachers of 9-12 year olds are designed to provide nutrition education through learning activities. Goals of the education program encourage youngsters to try new foods, particularly those containing calcium, iron, and vitamins A and C; to develop a greater understanding of nutritional needs; and to improve ability to make healthy food choices. Six steps to lesson planning are described and reinforced with practical suggestions; they include choosing a goal, selecting teaching tools, picking an attention-getting introduction, adding food and learning activities, and closing with a good wrap-up. Planning and teaching aids, and evaluation materials provide plenty of support for the teacher. Suggestions for activities include puppets, recipes, and nutrition games and puzzles. (cj)

0172
The Twins go to Nutriland / (illustrated by Gloria Trowbridge ; edited by Joyce Knodell).
; Knodell, Joyce. Minneapolis, Minn. Minneapolis Public Schools Nutrition Center 1982, c1981. NET funded. 16 p. : ill. ; 28 cm. (NAL Call No.: TX364.T9 F&N E-3995).
Abstract: A storybook divided into 9 episodes explains how a pair of Minnesota twins learn about nutrients and the value of good eating habits as well as the problems junk food can cause. They use their newly found knowledge to find their way to Nutriland and then home. (js)

0173
Using food experiences to reinforce academic objectives / Thelma Harms and Deborah Reid Cryer.
Harms, Thelma. ; Cryer, Deborah Reid. (Raleigh) N.C. Dept. of Public Instruction 1980. NET funded ~Includes index. 108 p. : ill. Bibliography: p. 100-104. (NAL Call No.: TX364.H35 F&N E-3793).
Abstract: Lesson plans for children in pre-kindergarten through sixth grade use classroom food experiences to enhance teaching of basic skills of Health, Reading and Language Arts, Mathematics, Science and Social Studies. Plans are grouped according to academic subjects and are divided into grade levels: pre-school through kindergarten; Grades 1-3; and 4-6. Each plan's format includes a behavioral objective and appropriate activities for classroom use with reference to single--portion picture-word recipes in a supplemental cookbook. These recipes are nutritionally sound and contain limited amounts of salt, sugar and fats. An annotated list of supplemental books and a sample newsletter for parents are provided. (p)

0174
A Vegetable flower, broccoli.
Durham, N.H. : Nutrition at Work, University of New Hampshire, 1981? . NET funded.~ Part of Vegetables with good munch program. 4 p. : ill. ; 42 cm. (NAL Call No.: DNAL FNC TX392.V376 F&N E-4550).
Abstract: This teaching poster focuses on parts of vegetables that are eaten. The various components of a vegetable, i.e., flower, root, stems, fruit and leaves are illustrated. Broccoli flowers are compared to someone wearing a hat. A number of hats are shown and the students are asked to identify occupations associated with a specific type of hat, such as a chef's or police officer's cap. (kbc)

0175
Vegetable magic : a preschool and kindergarten nutrition education source book / by Michele Palmer and Arline Edmonds; graphics and illustrations by Penny Guerin; edited by Janina Czajkowski and Linda Gacoin.
Palmer, Michele. ; Edmonds, Arline. Storrs, Conn. Connecticut Nutrition Education and Training Program c1981. NET funded ~Includes index. 40 p. : col. ill. ; 22 x 28 cm. Bibliography: p. 38. (NAL Call No.: TX401.V43 F&N C-2454).
Abstract: A nutrition education source book for teachers and home day care providers provides 5 methods of

exploring vegetables with preschool children. The Read-A-Story section contains discussion ideas and follow-up activities for 7 recommended story books; Grow-A-Plant provides instructions for growing vegetables; Take-A-Trip suggests places to visit that grow, prepare or sell vegetables; Play-A-Game offers simple educational games; and Eat-A-Treat contains easily prepared vegetable recipes. (js)

0176
Vegetables with good munch program.
(Durham, N.H. Nutrition at Work, UNH 1981). NET funded -Includes 7 spirit masters. 1 portfolio : ill. ; 28 cm. (NAL Call No.: TX392.V39 F&N E-4451).
Abstract: As part of a program designed to teach nutrition principles and to increase the use and acceptance of vegetables by students, the teaching materials packet includes: 5 activity sheet dittos for various grade levels; a song lyric ditto and activity sheet ("Junk Food Junkie"); a five letter series to parents introducing the program, discussing each vegetable topic and providing recipes; a vegetable survey to determine the degree of like or dislike of 21 vegetables; and a list of five suggested books and related follow-up activities. Four teaching stations one for each vegetable emphasis area) provide additional learning activities which may be used with individuals or small groups and limited teacher assistance. (js)

0177
Welcome to Peabody's nutrition education curriculum.
Peabody, Mass. School Dept. 1981. NET funded. 355 leaves in various foliations : ill. ; 30 cm. Includes bibliographies. (NAL Call No.: TX364.W462 F&N B-3331).
Abstract: A summary of the project includes descriptions of a breakfast program and a curriculum writing workshop, curriculum guides for grades K-6, a nutrition information booklet with activities for parents and children, and a listing of nutrition education lectures, workshops and courses offered to teachers in 1980-1981. The curriculum guide provides up to 20 lessons for each grade level which integrate nutrition objectives into existing curriculum subjects. Each lesson describes the objectives, materials needed, preparation and classroom time required, additional teaching ideas, and follow-up questions. The nutrition education focus of each grade level is as follows: kindergarten-breakfast and snack foods (Food: Your Choice-Dairy Council); grade 1-dental health, nutritious snacks; grade 2-Basic Four Food Groups; grade 3-Body Care (diet and exercise); Grade 4-Food...Your Choice-Level 2; grades 5 and 6-Food...Your Choice-Level 3. (js)

0178
What happens to a hamburger /by Paul Showers ; illustrated by Anne Rockwell. -.
Showers, Paul. ; Rockwell, Anne F. New York : Harper & Row, c1985. 32 p. : col. ill. ; 23 x 18 cm. -. (NAL Cal) No.: DNAL jQP145.S49 1985).
Abstract: This book is part of the "Let's-Read-and-Find-Out" series and is designed for preschool and primary-grade school children. It is an elementary introduction to the meaning of food as a fuel for the body. Through colorful pictures and activities for the children to perform themselves, the book gives a simple and interesting summary of the body's digestive processes. Children reading the book will learn the relationship between food which is eaten and normal body functioning and development. (lsp)

0179
What makes me tick? health and safety lesson plans /Edith P. Vincent, state supervisor. -.
; Vincent, Edith P. Dover? : Delaware Department of Public Instruction, 1982. Edith P. Vincent coordinated the project; Susan Wooley assisted in writing, organizing and reviewing the lesson plans.~ September 1982.~ Lesson plans and activities in health and safety education for kindergarten through grade six. 7 v. in 1 : ill. ; 29 cm. Includes bibliographical references. (NAL Call No.: DNAL LB1587.H4W45).
Abstract: A comprehensive program of health and safety education is outlined to help teachers establish a framework for meeting their students' health needs, interests, and problems. A series of health and safety lesson plans is presented for students in kindergarten through grade six. A curriculum guide outline summarizes objectives for each grade level in each of the following categories: self-image, know you body, coping skills, care of the body, nutrition, substance use and abuse, safety, and consumer health. The curriculum provides preparatory activities, discussion topics, learning activities, a list of required materials, and resources to help accomplish each objective listed in each category. Background information is provided where appropriate in an "explanation for the teacher" section. Organizations that can act as sources of materials and services are listed for each section of the curriculum. Supplemental curriculum ideas (i.e. performance objectives, activities, competencies expected) are suggested for fifth and sixth grade students. Numerous illustrations, charts, and tables are included in the curriculum materials. (aje)

0180
Which came first, the chicken or her eggs.
(Cambridge, Mass. Walden Square Children's Center (1980?). NET funded. (35) p. ; 28 cm. (NAL Call No.: TX364.W432 F&N E-4013).

Abstract: Monthly curriculum overviews for a specific food group suggest trips, activities, and occasionally key points for emphasis or discussion. Examples of teacher-developed activities, evaluations, and trip evaluations provide ideas for a preschool and early elementary approach to understanding the food chain. (js)

0181
Your fresh look book / S. Raiff.
; Raiff, Stan. Washington UFFVA 1979. (33) p. : ill. (NAL Call No.: TX355.Y6 F&N E-3234).
Abstract: Basic information on nutritional needs, dietary goals, food production, and health are explored through 12 activity-oriented duplicating masters aimed at grades one through three. The basic four food groups are milk, meat, fruit and vegetable, and bread and cereal; and everyone should eat from each of the groups everyday. Vitamin A keeps the skin and bones healthy, and vitamin C helps the teeth, gums, bones and muscles to work. Crunchy fruits and vegetables also help the teeth and gums. Fruits and vegetables come from five plant parts--leaves, stalk, fruit, roots and seeds--and tastes should be developed for many different fruits and vegetables. Snack time is a good time to eat these foods, with bananas, carrots, grapes, orange juice and celery being nutritious snacks.

0182
I am what I eat : nutrition education in the classroom : a guide for teachers, grades K-8.
Natick, Mass. Natick Public Schools 1981. NET funded. ii, 131 p. : ill. ; 22 x 28 cm. Includes bibliographies. (NAL Call No.: TX364.I2 F&N C-2459).
Abstract: A curriculum guide developed to help school teachers, nurses and food service personnel integrates nutrition education into the existing curriculum and food service program. Nutrition education activities are listed according to academic subjects (language arts, mathematics, social studies, health and science, art and physical education) and resources to use and persons to involve in each are suggested. Activities are grouped K-2, Grades 3-4, 5-6, and 7-8. Additional nutrition resources and suggested field trips are listed for each age group. The appendix includes lists of storybooks, student and teacher references, cookbooks, nutrition information, consumer-produced information, activity charts and puzzles. (kbc)

0183
I cooked it myself / by Judith Kern Cramer.
Cramer, Judith Kern. Windsor, Calif. Resources for Communication 1980. Includes index. 103 p. : ill. (NAL Call No.: TX652.5.C6 F&N E-3756).
Abstract: Food definitions, nutrient education, and step-by-step food preparation and cooking instructions are illustrated, to assist young school children with teacher guided food preparation. While the material was planned for classroom use, it is also appropriate for use by parents while guiding youngsters in using and understanding foods. The approach to food preparation and nutrient education allows the teacher to integrate and reinforce mathematics, science, logic, health practices, and vocabulary and motor skills. Simple food preparation procedures illustrate food use from various types of plants (e.g., carrot-raisin salad; cauliflower crunch), and from various specific nutrient-rich food sources (e.g., tuna-egg sandwich (animal protein); banana bread (B vitamins); cantalope cocktail (vitamin C); spaghetti and sauce (iron)). Descriptions of materials needed, presentation approaches, and methods for preparing supplementary displays are provided for teachers. (wz)

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